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**LIAM
HEMSWORTH**
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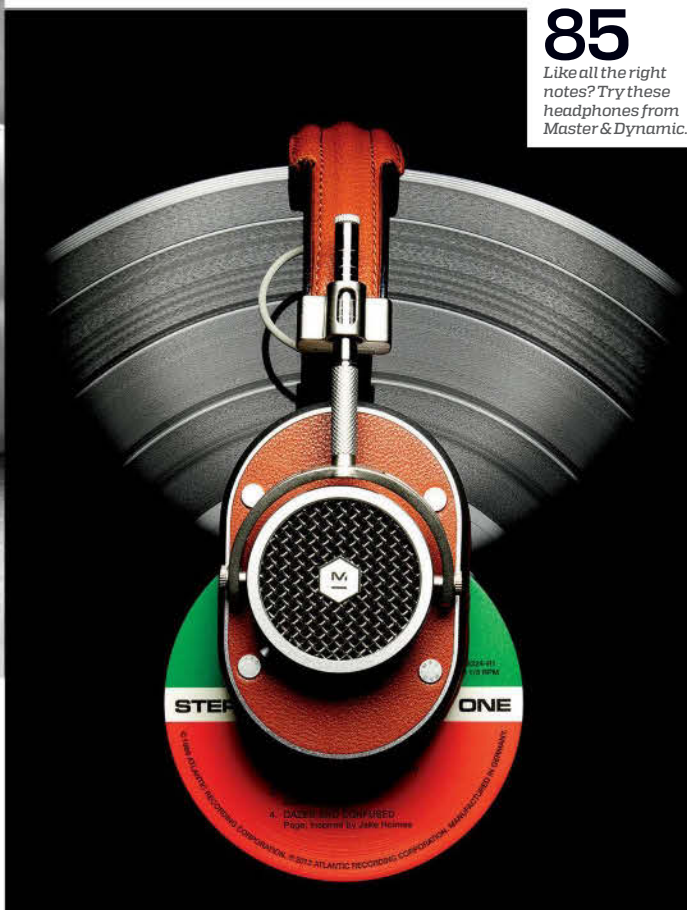
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Dr. Maurie Markman, MD
Medical Oncologist

WHEN YOU DON'T KNOW WHAT TO SAY, STAND UP.

When someone you love is diagnosed with cancer, you have the power to help. There are many ways you can stand up and show that you care.

THEY TALK, YOU LISTEN. One of the most helpful and important things you can do is listen—without judgment and resisting the urge to give advice.

DON'T ASK, DO TELL. Instead of waiting to be asked for help when it is needed, be specific about what you can do and when, such as: prepare a meal, babysit, pick up groceries, help with pets, or provide rides to and from appointments.

LIVE AND LEARN. Educate yourself about your loved one's diagnosis and treatment. When you understand what a cancer patient is going through, you're better able to help keep information clear, track questions, and know how you can be most useful.

STAY CONNECTED. After the initial diagnosis, people tend to drift away. Be someone to count on for the long haul. Check in, send a quick note, or drop off a book. Small gestures go a long way.

Visit ShowThatYouCare.org to learn more about how you can stand up for someone you love.

Pamela Cromwell
Cancer Survivor

Christina Applegate
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ON THE COVER LIAM HEMSWORTH

PHOTOGRAPH: PETER YANG
GROOMING: ANNA BERNABE
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ALL CLOTHING: TOMMY HILFIGER



32 Matt Lauria, who stars in DirecTV's MMA drama *Kingdom*, bulked up without a bite of meat. Read how he did it.

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► mensfitness.com/jointfoods

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How to know if you should seek help or suck it up.

► mensfitness.com/housecall

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Ski sweaters give your winter wear a champion overhaul.

► mensfitness.com/skisweaters

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Ten lists of the year's best, worst, and most surprising people, achievements, and happenings.

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If you're looking for ways to maximize gains both in and out of the gym, we've got all the tips, advice, and exercises to help you achieve your fitness goals. mensfitness.com/powerup

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Bench workout: James Michelfelder



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GIO BENITEZ, ACE REPORTER

■ How shooting the first-ever iPhone TV news story changed the TV pro's life.

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FITNESS ON THE GO

Hold tight.
Use static body-weight exercises to build new muscle.

Eight great at-home workouts

We've all been there: the 5 o'clock after-work rush at the gym. It's loud, crowded, and you're waiting forever for weights. Why deal with that mess when you can get a workout in at home? Don't believe us? We're confident you'll approve of these routines.

► mensfitness.com/homebody

Food Confusion Survey

Protein overload?
Will more meat make you big—or fat?



By now you know most of the basics: You need protein to pack on muscle, carbs to refuel after a grueling cardio session, and plenty of greens if you don't want to kick the bucket before your 50th birthday. But then there's that big gray area—those hotly debated topics on which researchers tend to waver on a weekly basis (saturated fat, we're talking about you).

So, to help you get the most out of all the nutrition-specific resolutions you're tackling for the New Year, we've put together a survey to find out your biggest areas of confusion—things like, will too much protein make me fat? Does every vegetable I buy have to be organic? Is skipping breakfast worth it for weight loss?

Want in? Visit mensfitness.com/foodconfusion and take the survey. Once we see what you know—and don't know—on every confusing food topic, we'll do the heavy lifting, digging into research and talking to experts to nail down answers to your biggest "What should I eat?" WTFs. Then we'll give you all the facts in an upcoming issue!

Tuna: Sam Kaplan; Food styling by Brian Preston Campbell



THE JOURNEY BEGINS

NAUTICA LIFE

THE NEW FRAGRANCE FOR HIM



VIEW FROM THE TOP

Heart, muscle & brain

WHAT WILL YOUR NEXT breakthrough be?

We all have breakthroughs, though sometimes we don't even recognize them till

years later. They're the watershed moments that define us at our very best. It could be setting a new PR in the gym, landing a huge business deal, or just getting your relationship to the next stage (even if the next stage is "discard booster rocket").

Breakthroughs usually happen slowly, slowly, slowly—then *bang!* all at once. Some are emotional, teaching us new ways to see the world. Some are physical, showing us how to move differently in our own skin or train to remake our bodies. Some are material, acting as symbols that, after much hard work, we've finally arrived. And some are mental, bringing clarity and focus to our work or home life. Pay attention and you'll be able to make the most of your breakthrough moments and maximize your personal and physical growth.

AND DON'T
FORGET, EVERY
BREAKTHROUGH
DESERVES
A REWARD.



Take our cover guy this month, Liam Hemsworth (page 92). Talk about someone who was prime for an emotional eureka moment. He lives in the shadow of Thor, for God's sake—his older brother, Chris, is among the biggest stars in the world. So is his ex-fiancée, Miley Cyrus. It could give a guy a complex. But Hemsworth's breakthrough came when he decided to simply stop, look around, and accept where he was in life. He now deals with challenges through meditation; the result is a wiser, more relaxed person. "Tomorrow doesn't exist, yesterday is gone," he says. "The more I remind myself of that, the stronger I feel."

Or, if you're hoping for a breakthrough of a more physical sort, check out "Harness the Power of Your Muscle Matrix" (page 98), writer Michael Behar's study of how molecular biologists in California and around the world discovered that training your muscles' connective tissue can produce even bigger gains, and how you can put that discovery to work in your own life. In this special muscle issue, your next broken plateau is our first priority.

Finally, if a breakthrough of a more mind-blowing nature is what you're looking for (or you just want to read a highly fascinating, very trippy story), don't miss "Does Pot Make You a Better Athlete?" (page 106), the story of Clifford Drusinsky, a triathlete and trainer who uses pot—and lots of it—as a performance-enhancing drug. New discovery or half-baked quackery? You'll have to decide for yourself.

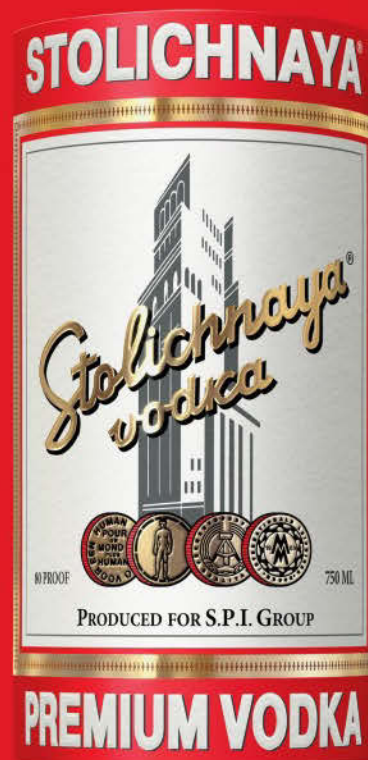
So, where's your next big plateau-buster coming from? We can't tell you that, but we *can* tell you that the inspiration for it can be found on these pages. From a massive jump in your bench press to a massive bump in your bank account, the breakthrough fuel is right here in this issue.

Break it open, and let's go!

DAVID J. PECKER
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A
HOLIDAY
OR
THE
HOLIDAY?

WHAT'LL
IT BE?



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BY MOVING SIDE TO SIDE
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Breakthroughs

HARD-HITTING NEWS FROM THE CUTTING EDGE OF RESEARCH

EDITED BY NINA COMBS

Tank: RHONE
Jacket and shorts:
NEW BALANCE
Sneakers: REEBOK
Headphones:
URBANEARS
Watch: NOOKA
Want it?
See page 158.



THE SUSPENSE IS OVER: STUDY SHOWS TRX BUILDS LIKE WEIGHTS

The TRX suspension trainer and other "instability platforms" like it are found in millions of homes (maybe even yours) and virtually every gym—but, for building muscle, strength, and performance, do they work as well as good, old-fashioned weights? The answer seems to be yes.

In a study in the *Journal of Sports Science and Medicine*, 36 healthy, untrained guys circuit-trained three days a week for seven weeks, doing traditional exercises (presses, snatches, curls) with weights and cables, or similar moves on a TRX, with a few Bosu ball exercises thrown in as well. (For a comparison of the workouts, visit mensfitness.com/trx.)

When the study concluded, scientists found *no significant difference between the groups in improvements in strength, power, speed, or jumping ability.* "Instability training provides an optimal stimulus for developing strength levels," says study author José Luis Maté-Muñoz, Ph.D.

And if you work out at home and think using a TRX means doing dips in your bedroom doorway all year, think again. Any outdoor structure—tree, light pole, chain-link fence—that's high enough (seven to nine feet) and can bear your full weight can hook you up with a great workout. —MARK BARROSO

SPEED READ To speed recovery after a marathon, wear compression socks, a *Journal of Strength and Conditioning Research* study reports. In a treadmill test, runners who wore compression socks for 48 hours after a race were able to run for 6% longer, on average, than their sockless counterparts.

fitness

Breakthroughs

TURN YOUR TRAINING AROUND WITH BACKWARD RUNNING

As crazy as it sounds—and looks—the increasingly popular sport of backward running is not only fun to do, it can even relieve leg pain.

Backward running exerts 24% less stress on the knees than forward running because runners land on the forefoot—a softer motion than heel running, a study out of the U.K.'s Cardiff U. found.

Paulien Roos, Ph.D., the study's co-author, recommends backward running as a rehabilitation tool for people experiencing pain in the front of the knee.

Former collegiate runner Brian Godsey got into backward running in 2004 to cure a twinge in his knee; when the pain disappeared, he went into it competitively.

"It's absurd," he says of adults sprinting backward around a track. But that hasn't stopped him: He ran a reverse 5K in a record 19:31 at the backward-running world championships in Germany in 2008.

Ready to rewind your run? Find an area clear of tripping hazards, or have a spotter run forward next to you, Godsey says. Be sure to land on your toes, and occasionally switch the shoulder you look over so you don't strain your neck.

Note: Running backward on a treadmill isn't advised, as you can't control the speed or hit the kill switch if you fall. —KIT FOX



Zip-up: H&M
Shorts: BROOKS
Running leggings: UNDER ARMOUR
Sneakers: NEW BALANCE
Watch: NOOKA
Want it?
See page 158.

Reversal of fortune

One man's experience running backward and alone

As I sprinted backward down a deserted Queens, NY, street at dusk, head twisted over my shoulder, calves searing from a movement that feels as unnatural as it looks, I approached a pedestrian, ass-first. I prepared for ridicule.

"Where's Queensboro Plaza?" she asked, oblivious to my retro-motion.

"A block that way," I huffed. Without so much as a sideward glance, she scurried away.

That night I learned several lessons, about reverse running and about life. Here, a few:

■ Running a mile backward hurts like running five miles forward.

■ Always go with a forward-facing spotter. I didn't, as the only spotter available expressed a keen desire to see me run into light poles and tree branches (which is exactly what I did).

■ After running backward, running forward again feels like running into a glass door.

■ Even running backward, you won't be the strangest sight on the street. At least not if you live in New York City. —K.F.

QUICK FIX

Rest More to Get More Reps

Men who did three sets of bench presses and rested two minutes between sets managed more reps than those who rested one minute, says a study in the *Exercise Journal of Physiology*.

The longer you rest, the more time your muscles have to re-synthesize creatine phosphate, i.e., "Resting two minutes or more will allow you to do more reps," says the study's Dihogo Gama de Matos.

Keep your eye on the clock to get the most out of your gym time. —MARK BARROSO

Styling by Delvin Lugo; Grooming by Megan Lanoux/Exclusive Artists using Baxter of CA

BETTER STARTS NOW

Matt Kenseth

Matt Kenseth
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A watch that never needs a battery.

About half of men over 40 have some degree of erectile dysfunction (ED).^{*} VIAGRA (sildenafil citrate) helps guys with ED get and keep an erection. And you only take it when you need it. VIAGRA usually starts to work within 30-60 minutes.

Individual results may vary.

Ask your doctor if VIAGRA is right for you.

VIAGRA is a prescription medicine used to treat erectile dysfunction. VIAGRA is not for women or children.

IMPORTANT SAFETY INFORMATION BELOW.

Do not take VIAGRA if you:

- Take any other medicines called nitrates, often prescribed for chest pain, as this may cause a sudden, unsafe drop in blood pressure.
- Are allergic to sildenafil, as contained in VIAGRA and REVATIO, or any of the ingredients in VIAGRA.

Discuss your health with your doctor to ensure that you are healthy enough for sex. If you experience chest pain, dizziness, or nausea during sex, seek immediate medical help.

VIAGRA can cause serious side effects. Rarely reported side effects include:

- **an erection that will not go away (priapism).** If you have an erection that lasts more than 4 hours, get medical help right away. If it is not treated right away, priapism can permanently damage your penis.
- **sudden vision loss in one or both eyes.** Sudden vision loss in one or both eyes can be a sign of a serious eye problem called non-arteritic anterior ischemic optic neuropathy (NAION). Stop taking VIAGRA and call your healthcare provider right away if you have any sudden vision loss.
- **sudden hearing decrease or hearing loss.** Some people may also have ringing in their ears (tinnitus) or dizziness. If you have these symptoms, stop taking VIAGRA and contact a doctor right away.

Before you take VIAGRA, tell your healthcare provider if you:

- have or have had heart problems such as a heart attack, irregular heartbeat, angina, chest pain, narrowing of the aortic valve, or heart failure
- have had heart surgery within the last 6 months
- have had a stroke
- have low blood pressure, or high blood pressure that is not controlled
- have a deformed penis shape
- have had an erection that lasted for more than 4 hours
- have problems with your blood cells such as sickle cell anemia, multiple myeloma, or leukemia
- have retinitis pigmentosa, a rare genetic (runs in families) eye disease
- have ever had severe vision loss, including an eye problem called NAION
- have bleeding problems
- have or have had stomach ulcers
- have liver problems
- have kidney problems or are having kidney dialysis
- have any other medical conditions

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

VIAGRA may affect the way other medicines work, and other medicines may affect the way VIAGRA works, causing side effects. Especially tell your healthcare provider if you take any of the following:

- medicines called nitrates
- medicines called alpha-blockers such as Hytrin (terazosin HCl), Flomax (tamsulosin HCl), Cardura (doxazosin mesylate), Minipress (prazosin HCl), Uroxatral (alfuzosin HCl), Jalyn (dutasteride and tamsulosin HCl), or Rapaflo (silodosin). Alpha-blockers are sometimes prescribed for prostate problems or high blood pressure. In some patients, the use of VIAGRA with alpha-blockers can lead to a drop in blood pressure or to fainting
- medicines called HIV protease inhibitors, such as ritonavir (Norvir), indinavir sulfate (Crixivan), saquinavir (Fortovase or Invirase), or atazanavir sulfate (Reyataz)
- some types of oral antifungal medicines, such as ketoconazole (Nizoral) and itraconazole (Sporanox)
- some types of antibiotics, such as clarithromycin (Biaxin), telithromycin (Ketek), or erythromycin
- other medicines that treat high blood pressure
- other medicines or treatments for ED
- VIAGRA contains sildenafil, which is the same medicine found in another drug called REVATIO. REVATIO is used to treat a rare disease called pulmonary arterial hypertension (PAH). VIAGRA should not be used with REVATIO or with other PAH treatments containing sildenafil or any other PDE5 inhibitors (such as Adcirca [tadalafil]).

VIAGRA does not protect against sexually transmitted diseases, including HIV.

The most common side effects of VIAGRA: headache; flushing; upset stomach; abnormal vision, such as changes in color vision (such as having a blue color tinge) and blurred vision; stuffy or runny nose; back pain; muscle pain; nausea; dizziness; rash.

Please see Important Facts for VIAGRA on the following page or visit viagra.com for full prescribing information for VIAGRA (25 mg, 50 mg, 100 mg) tablets.

^{*}Data taken from the Massachusetts Male Aging Study. Of 1,290 respondents, 52% stated they had some degree of ED.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

For more information go to viagra.com or call 1-888-484-2472 (1-888-4VIAGRA).





GENTLEMEN:
VIAGRA® helps guys with ED
get and keep an erection.

IMPORTANT FACTS



VIAGRA®
(sildenafil citrate) tablets

(vi-AG-rah)

IMPORTANT SAFETY INFORMATION ABOUT VIAGRA

VIAGRA can cause your blood pressure to drop suddenly to an unsafe level if it is taken with certain other medicines. Do not take VIAGRA if you take medicines called “nitrates” for chest pain (angina). A sudden drop in blood pressure can cause you to feel dizzy, faint, or have a heart attack or stroke.

Tell all your healthcare providers that you take VIAGRA.

If you need emergency medical care for a heart problem, tell your healthcare provider when you last took VIAGRA.

Stop sexual activity and get medical help right away if you have chest pain, dizziness, or nausea during sex.

Ask your doctor if your heart is healthy enough to handle the extra strain of having sex, especially if your heart is already weak from a heart attack or heart disease.

VIAGRA does not protect you or your partner from getting sexually transmitted diseases, including HIV—the virus that causes AIDS.

WHAT IS VIAGRA?

VIAGRA is a prescription medicine used to treat erectile dysfunction (ED). VIAGRA helps a man with erectile dysfunction get and keep an erection only when he is sexually excited (stimulated).

VIAGRA is not for use in women or children under 18 years of age.

DO NOT TAKE VIAGRA IF YOU:

- Take medicines called “nitrates” (such as nitroglycerin)
- Use street drugs called “poppers” (such as amyl nitrate or nitrite, and butyl nitrate)
- Are allergic to sildenafil, as contained in VIAGRA and Revatio, or any of the ingredients in VIAGRA

BEFORE YOU START VIAGRA

Tell your doctor if you have or ever had:

- Heart attack, abnormal heartbeats, or stroke
- Heart problems, such as heart failure, chest pain, angina, or aortic valve narrowing
- Heart surgery within the last 6 months
- Low or high blood pressure
- Severe vision loss, including an eye problem called non-arteritic anterior ischemic optic neuropathy (NAION)
- An eye condition called retinitis pigmentosa
- Kidney or liver problems
- Blood problems, such as sickle cell anemia, multiple myeloma or leukemia
- A deformed penis, Peyronie’s disease, or an erection that lasted more than 4 hours
- Stomach ulcers or any kind of bleeding problems
- Any other medical conditions

Tell your doctor about all your medicines:

Include prescription and over-the-counter medicines, vitamins, and herbal supplements.

VIAGRA may affect the way other medicines work, and other medicines may affect the way VIAGRA works causing side effects. Especially tell your healthcare provider if you take any of the following:

- Medicines called nitrates (see “**important safety information about VIAGRA**”)
- Medicines called alpha-blockers such as Hytrin (terazosin HCl), Flomax (tamsulosin HCl), Cardura (doxazosin mesylate), Minipress (prazosin HCl), Uroxatral (alfuzosin HCl), Jalyn (dutasteride and tamsulosin HCl), or Rapaflo (sildenafil). Alpha-blockers are sometimes prescribed for prostate problems or high blood pressure. In some patients, the use of VIAGRA with alpha-blockers can lead to a drop in blood pressure or to fainting.
- Medicines called HIV protease inhibitors, such as ritonavir (Norvir), indinavir sulfate (Crixivan), saquinavir (Fortovase or Invirase), or atazanavir sulfate (Reyataz)
- Some types of oral antifungal medicines, such as ketoconazole (Nizoral) and itraconazole (Sporanox)
- Some types of antibiotics, such as clarithromycin (Biaxin), telithromycin (Ketek), or erythromycin
- Other medicines that treat high blood pressure

- Other medicines or treatments for ED
- VIAGRA contains sildenafil, which is also found in another drug called REVATIO. REVATIO is used to treat pulmonary arterial hypertension (PAH). VIAGRA should not be used with REVATIO or with other PAH treatments containing sildenafil or any other PDE5 inhibitors (such as Adcirca [tadalafil]).

POSSIBLE SIDE EFFECTS OF VIAGRA

What are the possible side effects of VIAGRA?

VIAGRA can cause serious side effects. Rarely reported side effects include:

- **An erection that will not go away (priapism).** If you have an erection that lasts more than 4 hours, get medical help right away. If it is not treated right away, priapism can permanently damage your penis.
- **Sudden vision loss in one or both eyes.** Sudden vision loss in one or both eyes can be a sign of a serious eye problem called non-arteritic anterior ischemic optic neuropathy (NAION). Stop taking VIAGRA and call your healthcare provider right away if you have sudden vision loss in one or both eyes.
- **Sudden hearing decrease or hearing loss.** Some people may also have ringing in their ears (tinnitus) or dizziness. If you have these symptoms, stop taking VIAGRA and contact a doctor right away.

The most common side effects of VIAGRA are:

- | | |
|---|------------------------|
| • Headache | • Stuffy or runny nose |
| • Flushing | • Back pain |
| • Upset stomach | • Muscle pain |
| • Abnormal vision, such as changes in color vision (such as having a blue color tinge) and blurred vision | • Nausea |
| | • Dizziness |
| | • Rash |

In addition, heart attack, stroke, irregular heartbeats, and death have happened rarely in men taking VIAGRA. Most, but not all, of these men had heart problems before taking VIAGRA. It is not known if VIAGRA caused these problems.

Tell your healthcare provider if you have any side effect that bothers you or does not go away.

These are not all the possible side effects of VIAGRA. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

HOW TO TAKE VIAGRA

- Take VIAGRA exactly as your healthcare provider tells you to take it.
- Your healthcare provider will tell you how much and when to take Viagra.
- Your healthcare provider may change your dose if needed.
- Take VIAGRA about 1 hour before sexual activity. You may take VIAGRA between 30 minutes to 4 hours before sexual activity if needed.
- VIAGRA can be taken with or without food. If you take VIAGRA after a high fat meal (such as a cheeseburger and french fries), VIAGRA may take a little longer to start working.
- Do not take VIAGRA more than 1 time a day.
- If you accidentally take too much VIAGRA, call your doctor or go to the nearest hospital emergency room right away.

NEED MORE INFORMATION?

This is only a summary of important information. Ask your doctor or pharmacist for complete product information OR

Go to www.viagra.com or call (888) 4-VIAGRA (484-2472).

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SPEED READ A Stanford U. biochemist is working on a veggie burger prototype that looks, cooks, and even "bleeds" (oof) like a beef burger. The secret ingredient is heme, an iron-rich plant compound that also happens to be found in animal blood. As for taste, scientists are still tinkering with it.

nutrition

Breakthroughs

THE GOOD, THE BAD & THE IFFY

A grocery truck full of food news came down the pike this month—here's a breakdown.

By Hollis Templeton

The Good

WHAT: Lean beef

WHY: It can lower your blood pressure

■ The heart-healthy DASH diet has always frowned upon beef intake. But a Penn State study on four DASH variations, each recommending from 0.7 to 5.4 oz lean beef daily, found that the one with the most lean-beef protein was best at lowering blood pressure.

So, if you're still doing cow, 90% lean (best cuts: top sirloin, T-bone, London broil, flank steak, ground sirloin) is the way to go.

WHAT: Perdue poultry

WHY: It's newly (well, nearly) antibiotic-free

■ Certified organic always wins in our book, but the poultry giant is at least making an effort. This year Perdue stopped injecting unhatched eggs with antibiotics (which foster the growth of antibiotic-resistant bacteria in humans).

Some of the company's birds still get antibiotics in feed (c'mon, Perdue!), but it's a step in the right direction.

WHAT: Spinach

WHY: It combats the desire for junk food

■ Compounds in spinach called thylakoids reduced the hankering for unhealthy food in 95% of participants in a study at Lund University in Sweden.



Relax: Eating lean beef can actually help lower your blood pressure.

The Bad



WHAT: Unwashed fruit

WHY: It can trigger allergic reactions

■ If you have food allergies, add antibiotic pesticides to the list of things to worry about. Chemicals used on fruits and vegetables to combat the growth of bacteria, fungi, and algae can trigger life-threatening anaphylactic reactions in those with allergies, according to a study published in *Annals of Allergy, Asthma, and Immunology*.

Though reactions to antibiotic pesticides are rare, be cautious (and carry an EpiPen) if your body tends to freak out over certain foods.

WHAT: Packaged foods listing "partially hydrogenated" anything

WHY: Labels can legally "lie" about trans fat

■ When NYC health officials analyzed labels on 4,340 packaged foods, they found that one in 10 of the products that claimed to contain "0g trans fat" actually *did* have trans fat (in the form of "partially hydrogenated" oils), which ups your risk for heart disease and type-2 diabetes.

The FDA allows any food with less than 0.5g of trans fat per serving—even if it's 0.499g—to list "0g trans fat" on the label. This means that, over time, you're getting loads of the bad stuff.

Next time you've got your paws on a package of cookies or crackers, go straight to the ingredients list—if you see the words "partially hydrogenated," walk away from it.

The Iffy



WHAT: MSG

WHY: It doesn't cause headaches but may cause sensitivities

■ Weakness, numbness, and headaches—what one 1960s scientist dubbed "Chinese restaurant syndrome"—are *not* linked to normal consumption of monosodium glutamate, says the American Chemical Society.

But MSG is a sodium-added relative of L-glutamate, a natural amino, and some people are sensitive to it. If that's you, avoid foods like soy sauce and aged cheese, says nutritional neuroscientist Kathleen Holton, Ph.D.

WHAT: "Unearned" wine

WHY: It doesn't do much for your heart unless you exercise

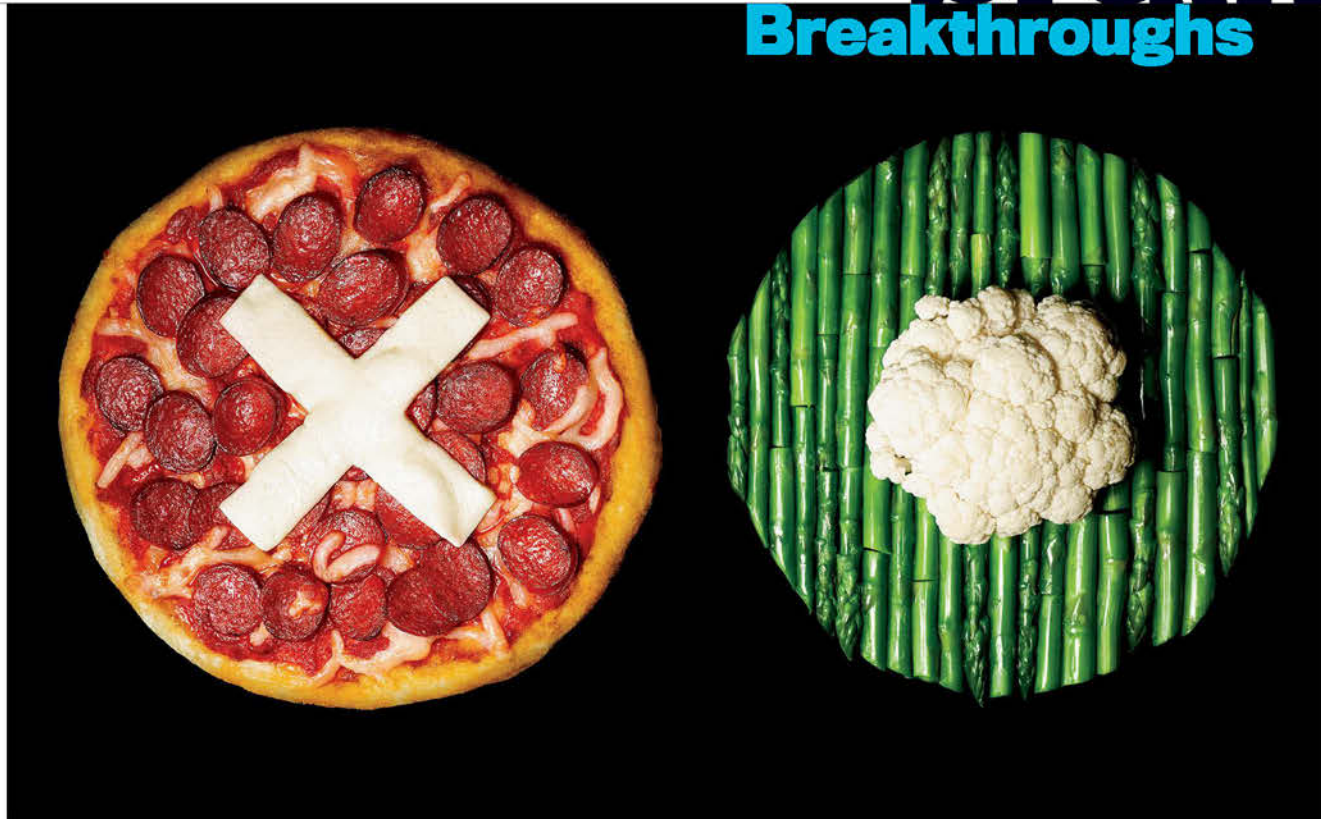
■ After two groups in a European study drank wine in moderation up to five times a week for a year, only the group that had *also exercised regularly* showed a significant decrease in harmful cholesterol (red and white wine were equally effective).

No word, though, on who actually enjoyed the year most.

SPEED READ: Oxford U. researchers studied adults ages 20–84 who met the criteria for poor sleep health, and found that not only does lack of sleep do long-term damage to the brain, it actually physically shrinks the frontal lobe, which regulates decision making, and the parietal lobe, where letters and words combine into thoughts. So get enough sleep or you end up could liek this.

brain

Breakthroughs



TRICK YOUR BRAIN INTO CRAVING HEALTHY FOOD

EYE-OPENER THE E-CIG- COCAINE CONNECTION (SORRY, THERE IS ONE)

■ Many smokers consider electronic cigarettes the way to go when it comes to quitting. But, because e-cigs still contain nicotine—users suck in nicotine-infused vapor—e-cigs may actually work as a “gateway” drug. Columbia U.

scientists reviewed nicotine studies done on mice and found that when the rodents ingested nicotine, it primed their response to cocaine and led to a craving for the drug.

A similar effect was found in humans: Coke users who started the drug when they were already smokers became the most dependent.

Conclusion: Nicotine alters the brain’s

biochemistry, activating a reward-related gene that can lead to other addictions.

No, e-cigs aren’t as dangerous as tobacco cigs, but they are pure nicotine delivery devices. Add them to your list of habits to vaporize in 2015.

■ You can teach your brain’s reward centers to crave healthier, lower-calorie foods over junk, research at Harvard and Tufts U. recently found. And it’s easier than you think.

For six months, obese adults followed the scientifically designed “iDiet,” which prescribes healthy foods and helps eaters understand their “food instincts”—e.g., hunger, availability, familiarity—and learn to control them. At the end, MRIs showed that the reward center in the dieters’ brains “lit up” more intensely at photos of healthy food than at shots of the unhealthy crap that used to excite it.

One of the biggest keys to retraining your brain: *Eat healthy when you’re hungry.*

“It sounds stupidly simple, but if you think about what people are likely to grab when they’re starving—chips, pizza—it’s stuff that will maintain their old cravings,” says study co-author/iDiet creator Susan Roberts, Ph.D. “So when you’re hungry, eat something healthy instead—an apple, grilled chicken—and pretty soon your brain will think of those foods as what will be tasty.”

For more tips, visit mydiet.com. —BEN RADDING

CAN YOU LEARN WHILE YOU SLEEP?

■ In a French study, 18 subjects were read a list of animals and objects and told to push a button in their right hand for animals or their left hand for objects. Later, in a dark, quiet room, a similar list was read aloud—and even after subjects had dozed off, sensors showed that the same nerve cells in the brain that prompted the left/right hand movements were activated. (There was no actual movement.)

Simply put, this means that even while you’re not conscious or aware, your brain remains active to outside stimuli. Research has a ways to go, but one day we may be able to learn languages, memorize lectures or scripts, or absorb math data like multiplication tables all while catching some z’s, *Matrix*-style. SOURCE: ÉCOLE NORMALE SUPÉRIEURE

Food styling by Brett Kurzweil for Art Department



SPEED READ On-screen thrills and chills can cause you to feed your face. New research found that subjects who viewed the action flick *The Island* scarfed down 65% more calories overall than those who sat through a broadcast of *Charlie Rose*—though we suspect they may have just fallen asleep. SOURCE: JAMA INTERNAL MEDICINE

health

Breakthroughs

CONTROL YOURSELF: DO THE CHORES BEFORE YOU BLOW SH*T UP.



MINDLESS TV & VIDEO GAMES DETONATE DOWNTIME SATISFACTION

"Instead of taking care of less-pleasant duties after work"—say, mowing the lawn, paying bills, or doing laundry—"they had a higher tendency to give in to their desire to use media," says study co-author Leonard Reinecke, Ph.D. "Afterward, they felt guilty about their own lack of self-control."

Our advice: Get the important stuff done first, then read or watch something enriching. Then, if there's time, *Storage Wars!* —KIT FOX

Spending hours on mindless TV or video games to relieve stress after a long day may actually accomplish just the opposite. A European study reported in the *Journal of Communication* found that watching intellectually stimulating fare (like TV documentaries or smart dramas) or playing logic or problem-solving games made subjects feel happy and productive, but watching junk TV or playing video games made them feel down and guilty because they felt they'd wasted their time and hadn't accomplished anything.

Back away from the birthday shots

If you don't want your big "Surprise!" to be waking up in a paper gown on a gurney, quit drinking while you're ahead. Ontario researchers found a sky-high correlation between patients' birth weeks and alcohol-related ER visits, especially among 19- to 22-year-olds and celebrants turning 30, the journal *Addiction* reported. Older, but definitely no 'weiser.

FIST OVER HAND!

With all those "Happy holidays!" and "Thank you for the year-end bonus, sir!"s coming up, keep in mind that a fist bump spreads just 1/10th the germs of a handshake, as Wales' Aberystwyth U. reported.

But when to knock fists, and how? At right, all your fist-bump questions (and then some) answered.

(For more, visit mensfitness.com/bump.)



Fist Bump FAQs

What's the correct fist bump altitude? Shoulder level. Higher, you could bloody a nose. Lower, you could get hurled on.

How hard do I hit? Fist bumping isn't a contact sport. If you're bruising knuckles, pull it back, Pacquiao.

What if I go in for a bump, and the other guy goes in for a shake? Paper wins. Seriously, a fist bump can't be forced—go for the shake.

Is there some special wrist action that makes the fist move smoother? Yes—but, um, that's not fist bumping.

Can I fist bump a woman? Absolutely—unless you have even the slightest hope of sleeping with her.

Anyone else a "no"? A new boss, the cop who pulled you over, your gf's father, anyone in a ski mask.

No one wants to fist bump me. Am I doing something wrong? Depends. Are you wearing a ski mask?

—N.C.

SPEED READ Letting a worker choose a quirky job title can lower job stress. So next time a guy with a "Squire of the Deep Fryer" name tag serves you fries, don't be surprised if he does it with a smile. *ACADEMY OF MANAGEMENT JOURNAL*

Success

Breakthroughs

His: TO BOOT
NEW YORK
Hers: STUART
WEITZMAN
Want it?
See page 158.

PAIR UP WITH
A SUPPORTIVE
COMPANION AND
SCALE CAREER
HEIGHTS.

CONTROL FREAKS WIN!

■ If you believe you control situations through your own actions—rather than blame circumstances, other people, or simple bad luck—you'll be more successful.

Participants in a Rutgers U. study played a video game that allowed them to follow one of several paths. The path toward the highest points had tougher, unavoidable obstacles.

Those who stuck with the harder route persisted because they patiently learned to overcome the obstacles; those who caved and took the lower-scoring way fixated on the game's "uncontrollable" elements.

"When people focused on what they could learn from a setback, not its 'uncontrollable' aspects, they were more persistent," hence more successful, says the study's Jamil Bhanji, Ph.D.

EYE OPENER NO BROWNIE POINTS FOR EXTRA EFFORT

■ In a study out of the U. of Chicago/U.C. San Diego, subjects were rated on how they felt when a promise made to them was kept, exceeded, or broken.

Virtually no subjects appreciated receiving more or better than promised—in fact, "exceeding a promise" was rated about the same as "meeting a promise."

But when a promise was broken—well, there was hell to pay. The failure was rated harshly, the promise-breaker deemed uncooperative, and the disappointment not forgotten.

Why? "We need to identify 'reliable' vs. 'unreliable' people—those we can or can't count on," says study co-scribe Ayelet Gneezy, Ph.D.

Do a task well, and for damn sure get it in on time—but don't waste hours angling for extra credit.

A HELPFUL PARTNER HELPS YOU CLIMB THE LADDER

■ Having—and being—a partner who's willing to help out with personal tasks plays a crucial role in career success.

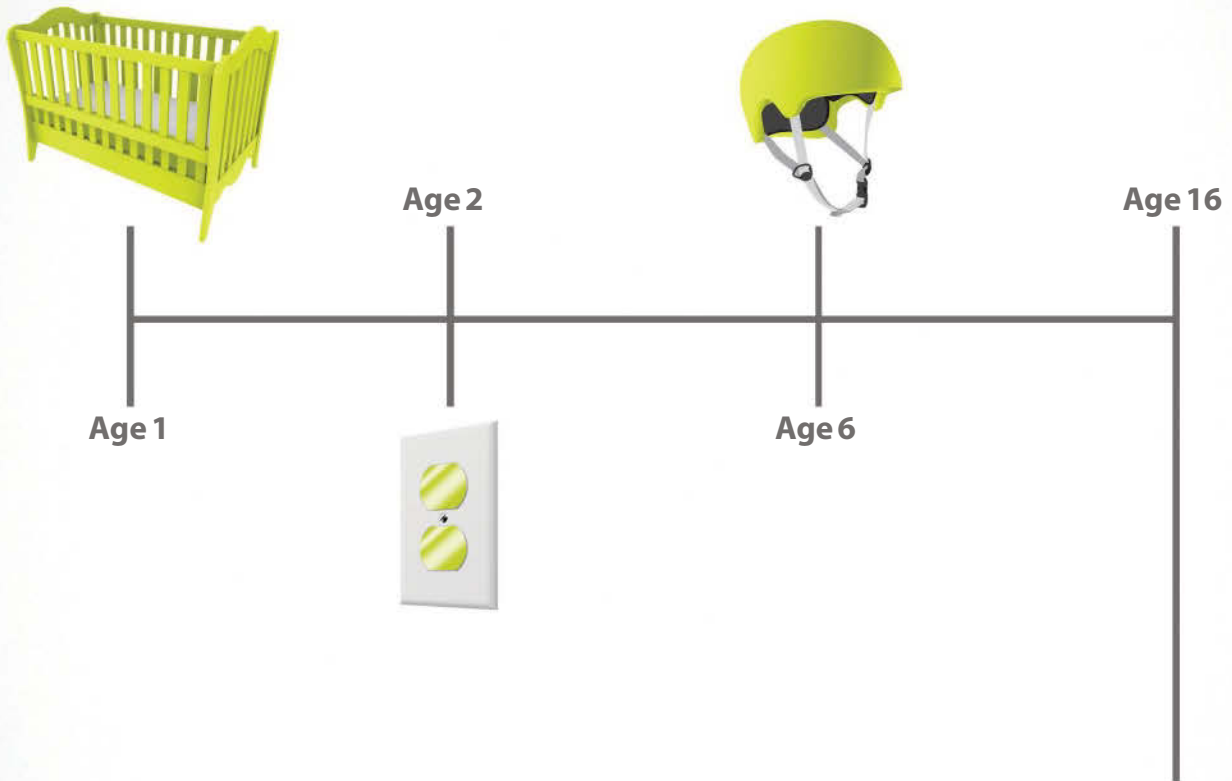
In a study at Washington U., nearly 5,000 married couples were rated in areas like openness and agreeableness; their career success was also gauged. The finding: Mutual "outsourcing"—being able to pass along chores and errands to a partner when necessary—is vital to that person's job satisfaction and earning power.

This collaboration allows a partner to maintain career focus, creating a win-win situation at home and work, says study co-author Joshua Jackson, Ph.D. "Your spouse's personality—their feelings and behaviors—has an impact that extends into other domains that have major ramifications for your life, like your occupation."

OK, it's not exactly a first-date test ("Dying to meet you—could you pick up some flowers for yourself on the way?"), but it's worth keeping in mind when big life decisions are being made. —JEFF TOMKO

Prop styling: Terry Lewis/Agent Oliver

Because you never stop trying to keep them safe.



Help prevent distracted driving with the new Safe Driver Car Connection™ from Straight Talk Wireless. It blocks text messages, tracks your vehicle in real time and lets you monitor your teen's driving. Go to StraightTalkConnectedLife.com for more great products. The World Needs More Straight Talk.



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Only at
Walmart

Mainstreaming

TAG TEAM

Ten-hut! As fall/winter accessories go, military-style dog tags definitely have us at attention.

We're not alone. Ann Foley, costume designer for the ABC hit *Marvel's Agents of S.H.I.E.L.D.*, is a big fan.

"Military looks are showing up everywhere on the men's runway this season, from Rag & Bone to Balmain to J.Crew," she says. "They're equated with strength. Plus, they're utilitarian and minimalistic, which makes them chic." (Especially this set, left, by Karen Karch, of 10k gold and blackened silver.)

Below, some style notes from Foley to help you pull off the look:

BEST WAY TO WEAR THEM?

"Dog tags go with just about any style of shirt. But unless you're [flamboyant fashion designer] Karl Lagerfeld, I wouldn't wear them over a tie."

CHAIN LENGTH?

"It varies from person to person, but I'd say 20–30 inches."

UNBUTTON YOUR SHIRT TO SHOW THEM OFF?

"Some guys can make that look work without being cheesy—it depends on your personal style." [She's being nice. Don't do it.] "But just seeing the chain disappearing inside the shirt can be sexy."

ALONE, OR WITH OTHER JEWELRY?

"The dog tags themselves make a very strong statement and look best when worn alone."

ENGRAVED OR PLAIN?

"They look great engraved—you can add an important date or a person's name. Quotes do well as engravings, too, much like a tattoo."

Styling by Terry Lewis/Agent Oliver; Shoes: Claire Benoit

SOLDIER ON:
DOG TAGS,
AN AUTUMN
STYLE STAPLE,
I.D. YOU AS A
GUY WITH
SOME EDGE.

Dog tags:
KAREN KARCH
Want it?
See page 158.

TRENDING STAY WARM, COOL, DRY, AND FLY WITH "PERFORMANCE DENIM"

■ If Iron Man had sex with Pepper Potts and she gave birth to a bolt of fabric, it would be performance denim: strong, uncannily

flexible, and damn good-looking.

The new "athleisure" wear is cropping up everywhere. Joe's Jeans' Fahrenheit line uses a Thermolite/Lycra blend that repels moisture while trapping air for warmth. Flex Jeans by Guess feature Powerdenim, a cotton/spandex mix for a more rigid look with an athletic feel. And Wrangler is testing its own version made of high-tech CoolMax.

Then there's 7 For All Mankind's Luxe

Performance denim (left), made with T400 and elastane and offering "95% recovery and less than 1% growth." Translation: They'll stretch out only 1%, then bounce back to near-perfect shape.

Assistant editor Ben Radding stole—uh, tested—the 7's,

and reported: "These are the most comfortable jeans I've ever worn. They feel like sweats, but look like I care enough about my appearance to not actually wear sweats."

That was three weeks ago. He's still wearing them. —N.C.

Our Style Svengali on: Shoes

Irreverent observations from our sartorial secret agent



"Enough with the bright-colored shoes. You don't want to look like a clown."

"Pairing sneakers with a suit keeps you from blending in with 'the suits.'"

"Trashed dress shoes can kill your act. Get a shine!"

7 heaven. We fell hard for 7 For All Mankind's high-tech jeans.



those
BOOTS
THAT price
THE HUNT IS OVER

BULLBOXER
DELDEN
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Compare at \$130

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JORG GRAY®
JG

Define your time®

JorgGray.com

Everything you need to make life work for you

In a rush? No problem. Try these time-crunched workouts p. 34

How to win (fine, end) an argument with your lady p. 54

Holiday party season has arrived. Here's what to wear p. 56

The best winter fragrances for men p. 65

Game Changers

EDITED BY DEAN STATTMANN

Unlock the Mediterranean Miracle

For a health craze with a gazillion devoted followers (including the folks at the U.N., who've anointed it one of civilization's "great treasures"), the Mediterranean diet sure can seem vague. After all, most Americans think "Mediterranean" means "Italian," forgetting there are 16 other countries and cuisines involved. But as we reveal on page 46, the *real* Mediterranean diet is something else entirely: a powerful anti-inflammatory and fat-shredding mix of carbs, fat, and protein that's just as good for your taste buds as it is for your heart.

Stack your odds.
The Mediterranean diet can lower your risk for heart disease and diabetes.



GET THE MOST OUT OF THE MEDITERRANEAN DIET: TURN TO PAGE 46 FOR AN EASY-TO-FOLLOW BLUEPRINT.

SAM KAPLAN



Shirt:
HUGO BOSS
Shorts:
LACOSTE
Want it? See
page 158.

Martialing his forces

How vegan actor Matt Lauria, the star of *Kingdom*, a new TV drama set in the vicious world of MMA, beefed up for his role By Ben Radding

Since the 2011 smash-hit *Warrior*, we haven't seen as many mixed-martial-arts dramas popping up on TV as we would have expected. That's about to change with DirecTV's *Kingdom*, starring Matt Lauria, Nick Jonas, and *Warrior* alum Frank Grillo. Lauria is the odd man out, in both his role as an excommunicated ex-con and his status as the sole vegan actor on set. But as he demonstrates, you don't have to eat flesh to get muscled.

Kingdom has quite an eclectic cast—what happened when you were all suddenly thrown together to do the show?

Jonathan Tucker, Nick Jonas, and I went through an intensive two-week fight training camp prior to shooting. So every day we'd all carpool out to Pomona [CA], where the gym was, and spend the day together having this crash course basically "intravenously injected" into us: wrestling, Muay

Thai, boxing, jiu-jitsu. I think the exertion and the hours we spent together really bonded us, so when we started shooting, we were like brothers.

Take us through a typical day of MMA training camp.

We trained with Joe "Daddy" Stevenson, who's a notable MMA fighter and revered coach and trainer. We'd start with 10 minutes of jumping rope barefoot... If you've ever been cracked on the tip of your bare toe with a jump rope, you know [that's] something you'll try not to do again. Every day was a different tactic; we had a day of just wrestling takedowns, we'd have a day of just cage defense.

Did you get any flack on the set for being a vegan?

Absolutely. I would constantly catch shit from the guys, some more than others, but it was all in good fun. I'd started out a little depleted because of the vigorous training; and during those two weeks, there was no time to go lift and eat a lot. But as the season rolled on I remem-

ber Tucker saying, "Dude, you're really turning the myth of veganism on its ear." A lot of people think vegans are just these skinny, scrawny, weak, gray-skinned little people—but I did great.

You were a football player in the Friday Night Lights TV series. How is that different from playing an MMA fighter in Kingdom?

It's exhausting. *Lights* was a different type of show and a completely different type of character. When we were in pads and helmets, we had extraordinary doubles who could raise the level of authenticity with all the physical stuff. But on *Kingdom*, when it's just you and a pair of shorts, you really can't fake it, so more responsibility falls on your shoulders. They were hoping for guys who had some physical aptitude and were game to fight. I think all of us really approached the fighting with a sort of "all-in, all the time" attitude. We wanted not only to serve the characters in the story but also to do justice to the sport.

"ON FRIDAY NIGHT LIGHTS, WE HAD [STUNT] DOUBLES. BUT ON KINGDOM, WHEN IT'S JUST YOU, YOU REALLY CAN'T FAKE IT."

Grooming: Hair and Makeup by Mandi Ann Crane using La Mer, Nars, MAC. Makeup Forever and Koh Gen Do.

THREE WAYS TO SURVIVE THE HOLIDAYS.



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Time is muscle

Hurry up and get strong, burn fat, and boost your endurance with workouts you can do in just 25, 15, or even five minutes

By Anthony J. Yeung, C.S.C.S.

ON TURKISH
GETUPS, KEEP
YOUR EYE ON
THE BELL THE
WHOLE TIME.

What's better than packing on lean muscle, melting stubborn fat, and building the endurance of a boxer? How about doing it in less than the time it takes to watch an episode of *South Park*?

Sometimes, like during the holidays, it can be hard to schedule a typical 60-minute gym routine. Fortunately, you don't have to—that is, not if you're willing to go all out. Put these three workouts on your to-do list this month and prove to yourself just how little time you actually need to look like an athlete and perform at your very best.



START THE CLOCK

Make use of a stopwatch or other timer for these routines and work as hard as you can in the designated time. When the timer beeps, you're done!

Shirt: H&M
Shorts:
UNDER ARMOUR
Sneakers: ASICS
Wristband: PUMA
Watch: PUMA
Want it? See page 158.

Styling by Delvin Lugo; Grooming by Megan Lanoux/Exclusive Artists using Baxter of CA



DADS DON'T TAKE SICK DAYS.



DADS TAKE



THE NON-DROWSY,
COUGHING,
ACHING,
FEVER,
SORE THROAT,
STUFFY HEAD,
POWER THROUGH

THE NIGHTTIME,
SNIFFLING,
SNEEZING,
COUGHING,
ACHING,
FEVER,
BEST SLEEP

**YOUR DAY, WITH A COLD,
MEDICINE. MEDICINE.**



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ENDURANCE KICKER

TIME: 5 MINUTES
Norwegian researchers found that high-intensity interval training boosted VO2 max (the amount of oxygen the bloodstream can carry to the muscles) more than traditional steady-state cardio—even if the steady-state work was done at a whopping 85% of maximum heart rate. “If you can maintain high force output and resist slacking off, you’ll blast through these intervals and be out the door before most people pick a TV show on their cardio machine,” says Jonathan Pope, co-owner of Rogue Performance (train.rogue.com) in Denver, CO, which specializes in training adventure athletes and Special Ops candidates.

DIRECTIONS: Perform five rounds of each exercise.

1A) FRONT SQUAT TO PUSH PRESS
Work for 15 sec., rest for 15 sec.

1B) KETTLEBELL SWING
Work for 15 sec., rest for 15 sec.



FAT-LOSS FRENZY

TIME: 15 MINUTES
If you’re not doing interval training by now, you need to start. A study published in the *International Journal of Obesity* found that interval exercise melted more fat than steady-state cardio. This workout progresses in accordance with your fatigue, so the more tired you get, the simpler the exercises become, so you can keep going.

DIRECTIONS: Perform 1A–1C in sequence, repeating for three

rounds. Alternate sets of 2A and 2B for three rounds. Alternate sets of 3A and 3B, then 4A and 4B, for two rounds each. Then do one round of 5A and 5B.

1A) BEAR CRAWL
10 sec. forward/back

1B) TURKISH GETUP
2 reps each side

1C) DUMBBELL SQUAT TO STAND
5 reps

2A) GOBLET SQUAT
15 reps

2B) SPRINT
Work for 90 sec. on your choice of a track/

treadmill, rower, exercise bike, etc.

3A) KETTLEBELL SWING
30 sec.

3B) DEEP SQUAT HOLD
Hold a dumbbell in front of you. Get into a squat. Hold for 30 sec.

4A) PUSHUP PLANK
Hold for 30 sec.

4B) FARMER’S WALK
Walk for 30 sec.

5A) DUMBBELL BENTOVER ROW
Perform reps for 30 sec.

5B) DUMBBELL CURL
Perform reps for 30 sec.



MUSCLE BLITZ

TIME: 25 MINUTES
“A time limit forces people to push hard and get the work done faster,” says Pope. This 25-minute routine combines timed sets and heavy exercises to build muscle. “Most people don’t even do this much work in an hour,” says Pope.

DIRECTIONS: Perform 1A–1C in sequence. Repeat for three total rounds as a warmup. For 3A–3C, perform the exercises in sequence for as many total rounds as possible in six minutes. Afterward, hold a light dumbbell at arm’s length in front of you and squat deeply—hold the position for 60 seconds (this is your rest). Repeat 3A–3C for another six minutes. For 4A and 4B, alternate sets of each for three total rounds with no rest.

1A) BEAR CRAWL
Go for 30 sec.

1B) TURKISH GETUP
3 reps each side

1C) DUMBBELL SQUAT TO STAND
5 reps

2) ALTERNATING SPLIT SQUAT JUMPS
3 sets of 3 reps, rest 30 sec.

3A) DEADLIFT
2–3 reps

3B) DUMBBELL BENCH PRESS
2–3 reps

3C) NEUTRAL-GRIP PULLUP
2–3 reps, rest 60 sec. in squat position

4A) DUMBBELL FARMER’S WALK
Walk for 30 seconds.

4B) WAITER’S WALK
Walk for 15 seconds per side.



HARD FACTS

OUR TRAINING
DIRECTOR, SEAN
HYSON, SOLVES
YOUR WORKOUT
CONUNDRUMS

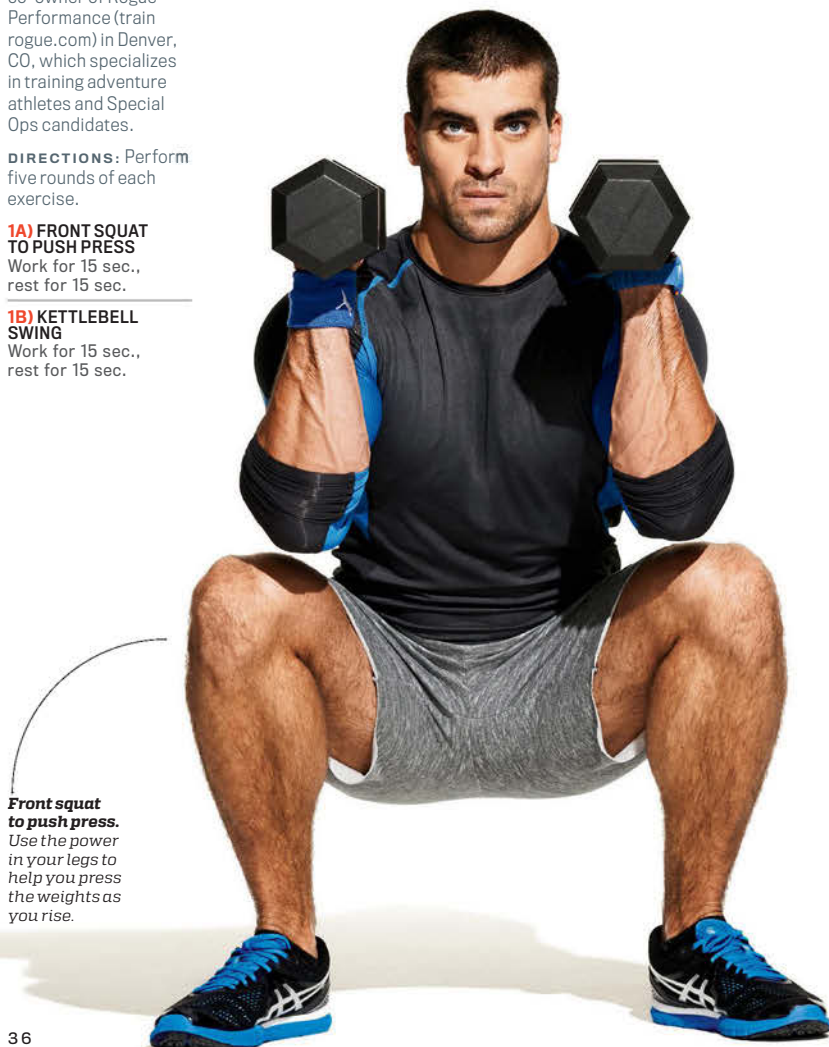
**I’M OVER 6 FEET
TALL. DOES MY
HEIGHT MEAN
I CAN’T GET
SUPERSTRONG?**

KEITH W., HANOVER, MA

No, but it will be more difficult for you than for your shorter buddies. At 6’4”, I’m in the same boat. Our problem is limb length: The same long legs and arms that make it easier for us to reach the top of the cereal aisle also make it harder for us to hoist big weights. We have long levers and, therefore, a mechanical disadvantage on most exercises.

There’s one exercise, however, on which you’ll find that your proportions help: the deadlift. Because you have long arms, you don’t need to bend as far to reach the bar; nor do you need to raise it as high to lock out a rep. Lucky for us, the deadlift is widely considered the best measure of strength because it tests every muscle.

Sean Hyson, C.S.C.S., is the *Men’s Fitness* training director and author of *101 Best Workouts of All Time*, available at 101bestworkouts.com.



Front squat to push press.
Use the power in your legs to help you press the weights as you rise.

+

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Friends and foes.
The author (left)
with pro middle-
weight champ
Gennady Golovkin.



Fight of his life

One intrepid *Men's Fitness* editor goes toe-to-toe with the world's hardest-hitting and fittest middle-weight, Gennady Golovkin, before his bout with Marco Antonio Rubio on HBO. By Christopher Hunt

● No matter where I go in the ring, Gennady Golovkin, the Kazakh-born world middleweight boxing champion, has a way of making it feel like a trap. Wherever I step, he's ready to counter with a lightning-quick step of his own—it's like he knows where I'm going before I do. Before long, the ropes are pressing into my back and I'm hiding behind my gloves. He's moved in closer, and I'm expecting his left hand to crush my ribs at any moment.



Yes, I'm actually in the ring with one

of the world's most dangerous boxers, a coiled, 160-pound bruiser called "Triple G" (his middle name is Gennadyevich) who's amassed a 90% knockout rate in 30 pro matches.

I've traveled to Golovkin's private gym high up in Big Bear Lake, CA, to get a glimpse of his training regimen as the champ, who fights exclusively on HBO, preps for the next big fight: his Oct. 18 bout against Marco Antonio Rubio. It's his first-ever fight in California, and a sign that his popularity in the U.S. is growing. I want to see up close how a guy his size could deliver such devastating punches.

So, after signing a few releases that put my safety in my own hands, I'm on my way to discovering what it's like to absorb one of his blows firsthand.

Golovkin's strength is largely a gift. His trainer, Abel Sanchez, realized that the very first day they worked together, when Golovkin struck his mitts and Sanchez could feel the force in his toes, he says.

Lift like a butterfly.

Golovkin's brutal fitness routine goes light on weights and heavy on stretching, core work, and technique. Power, for him, is the last priority.

But I'm surprised to learn that Golovkin doesn't do much power training, or lift heavy weights, either. So how does he cause so much damage?

"It's control and focus," Golovkin tells me, preaching the benefits of technique over raw strength. "Speed is second. Timing is very important, too. Then balance. Power is maybe last."

Golovkin's workouts include long runs on Mondays, Wednesdays, and Fridays; there's also a brutal ab-training circuit three times a day, and shadow-boxing with hand weights that Sanchez made himself. In total, the trainer estimates, Golovkin will have

completed 70,000 sit-ups by the end of this eight-week camp.

The other constant at Golovkin's camp is stretching—a lot of stretching. "It might sound silly, but think of your body as a stick of gum," says Sanchez. "If I ask you to stretch it, what's going to happen? It's going to break. But if I chew that gum for a couple minutes, then what happens? You can stretch it much farther. I'm not saying injuries never happen here, but they happen a lot less often."

In the ring today, Golovkin appears not only loose but also eerily, sneakily quiet. You get the sense he's looking at you less as an opponent than as

Good sport.
The author in
cooldown mode,
après beatdown.



a puzzle to be solved—he coldly eyes you for weaknesses. Anyone who's watched his fights knows he's not a flashy haymaker-thrower. Rather, he relies on a quick jab and a flurry of short punches that leave no room to fight back.

As Golovkin circles toward me, I bring up my cover. My only strategy for surviving is to keep my hands

**I KNOW
GOLOVKIN'S
GOING LIGHT
ON ME—BUT I'M
CONVINCED
HE'S LOADED
ROCKS INTO
HIS GLOVES.**

up, and I'm not even sure I can do that. In the few instances—OK, two instances—I actually land a clean punch on him, he nails me at the same time. Every time I move forward, he punishes me with a straight right hand to my chest or a stinging dig to my shoulder.

By the end I'm lying against the ropes, sucking wind—fighting a pro boxer at an altitude of 8,000 feet will do that to you—and trying to decide whether it'll be more painful to try and dance around the ring some more or just stand where I am and get pummeled through the ropes.

Mercifully, the bell rings. We're done, and

hugging. But now Golovkin—who really did go easy on me, for the record—wants to show me how it would've felt if he'd really hit me. I wrap my arms around a heavy bag and he tilts slightly, then buries a left hook into it.

Even with 12 inches of leather-wrapped foam between us, I feel the blow vibrate through my ribs—it's the same kind of vicious power, it turns out, that ended up crushing Marco Antonio Rubio a mere 1:19 into the second round of the October fight.

Frankly, I was relieved to be watching the damage on TV.

See more of Gennady Golovkin coming up on HBO in early 2015.



Our kind of tomboy

Enjoying a beer, mowing down zombies, and avoiding shopping at all costs are just a few of actress Sarah Dumont's favorite things. And now she's one of ours.

By Ben Radding

● You may remember Sarah Dumont as "Sequins" in the movie *Don Jon*—you know, the one at the club with the nice butt who wasn't ScarJo. But even though it was her posterior that initially caught our attention, frankly, we'd be down to just hang out.

"I don't like to do things most girls do," she says. "I don't like

shopping—I find it extremely annoying. I'd rather spend my money on beer and go watch a game."

See what we mean?

Growing up in San Diego, Dumont intended to become a kindergarten teacher. Dropping out of high school didn't help that cause, but it did allow her to become a professional model, for which we're eternally

grateful (we're pretty sure none of those 5-year-olds would have realized just how good they had it).

Dumont may have passed on her plan to teach, but now the model-turned-actress is schooling a generation of Hollywood hopefuls on the meaning of hard work. This year alone, she acted in five movies and just as many TV shows. And this February she'll step into her first leading role in a major studio film, *Scouts vs. Zombies*.

Dropping a few walkers shouldn't be a problem for Dumont, who grew up shooting her dad's rifle and, when questioned about her favorite outdoor activity, actually asked, "Does beer pong count?"

In truth, she enjoys hiking, surfing, basketball ("It's been a rough couple of years to be a Lakers fan," she admits), and other of life's simpler pleasures. For example, on a first date, she says, "I don't want to sit down at a nice restaurant. It's sweet that you think I'm worth an expensive meal, but it also seems like you're trying to buy your way into my pants. I'd rather play some pool or watch a game."

She's down-home in other ways, too—such as what she likes physically in a guy.

"I'll take a good set of shoulders and a bit of a beer belly over a six-pack any day," she says. "I think it's really masculine." Speaking of masculinity, "If a guy doesn't have facial hair, it makes a girl feel like a lesbian," she says. (Noted.)

Skip the shave, hit some overhead presses, and crack a few beers during a game? Count us in.

WHEN QUESTIONED ABOUT HER FAVORITE OUTDOOR ACTIVITY, DUMONT ASKS, "DOES BEER PONG COUNT?"



THE GAME CHANGERS



On Sept. 17th, MEN'S FITNESS celebrated the 2014 Game Changers-pioneers in the worlds of sports, finance, fashion, health, and media. To recognize their achievements over the past year, MEN'S FITNESS took over the Palihouse in West Hollywood for a night of celebration.

Over 300 guests, varying from star athletes, to A-list actors in hit series such as *Breaking Bad* and *Orange Is The New Black*, partied the night away to celebrate the MEN'S FITNESS Game Changers, and honor men who are shattering boundaries in their respective careers.



1. *Friday Night Lights* star Matt Lauria
2. Terry Crews and Michael B. Jordan showing off to guests
3. Invictus Paco Rabanne models serving celebrities and guests with fragrance samples throughout the evening
4. Jessica Vargas and Ryan Rottman posing on the red carpet
5. *Grey's Anatomy* star Jesse Williams on the red carpet
6. David Zinczenko presenting Joe Shields with his Invictus Paco Rabanne 2014 Game Changers award
7. Editorial Director David Zinczenko and race car driver Nelson Piquet, Jr. show off their Tommy Hilfiger suits
8. Matt McGorry, star of the hit show *Orange Is The New Black*, stands beside the MEN'S FITNESS Game Changers cover
9. Ryan Rottman and Geoff Stults



INVICTUS
paco rabanne

TOMMY HILFIGER

SPIKE

Bottle service

5 spectacular spirits that will take center stage at any holiday gathering By Brian Good

Any schmo can run to the liquor store 10 minutes before a party and pick up a bottle of booze—and that's fine if you're just partying with your buddies. But when the occasion is fancier and warrants a more refined gift, you need to step up the presentation. Dinner with the in-laws? After-work drinks at your boss' pad? A romantic meal at home with your significant other? You need a bottle that's as classy as the occasion.

"I FEEL SORRY
FOR PEOPLE
WHO DON'T
DRINK. WHEN
THEY WAKE UP IN
THE MORNING,
THAT'S AS GOOD
AS THEY'RE
GOING TO FEEL
ALL DAY."
FRANK SINATRA



For the Adventurist ORPHAN BARREL RHETORIC

After sitting in purgatory for 20 years, this rare and coveted whiskey is back in a limited-edition run. "The flavor is deep and complex—smoke, apples, cherries, plus the scent of fine leather," says Ewan Morgan, master of whiskey for Orphan Barrel. \$85, orphanbarrel.com

For the Classics Lover JACK DANIEL'S SINATRA SELECT

On the eve of Frank's 100th birthday comes this tribute to the musician who dubbed Jack Daniel's "nectar of the gods." Sinatra Select is aged in oak barrels with extra-deep grooves. The result is a dark amber color and a rich smokiness with a hint of caramel and vanilla. \$185, jackdaniels.com

For the DIY Cocktailer ROCA PATRÓN REPOSADO

"Roca's ideal for the drinker in the know," says Josh Mazza, co-owner of The Gilroy in NYC. Extracted from 100% blue agave via a 500-year-old process, this earthy spirit has a bolstered alcohol content that, promises Mazza, will keep it from getting lost in a margarita. \$80, patrontequila.com

For the Traditionalist GREY GOOSE VX

With its hints of honey, pepper, plum, and chocolate, this Grey Goose-and-cognac blend is ideal for sipping on the rocks. "It's a very sophisticated spirit," says David Kaplan, co-owner of popular NYC speakeasy Death & Co. "It has the drinkability of a vodka with the soul of a young cognac." \$75, greygoose.com

For the Hard-to-Please DON JULIO 1942

Aged in the finest oak for at least two-and-a-half years, this tequila has something for everyone. "There's spice and vanilla to satisfy the palate of astute whiskey drinkers, while tequila enthusiasts will love the sweet agave flavor," says Marshall Altier, author and founder of Spirit House Consultants. \$125, donjulio.com

Prop styling by Terry Lewis/Agent Oliver

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Zone In: the right way to do the Mediterranean diet

Best-selling author and nutritional researcher Barry Sears, Ph.D., reveals how you can turn your health destiny around in this exclusive adaptation of his new book, *The Mediterranean Zone*.

Today we hear a lot about the Mediterranean diet. UNESCO, the cultural arm of the United Nations, has proclaimed the Mediterranean diet one of civilization's great treasures.

But which Mediterranean diet? There are sixteen countries that border the Mediterranean Sea. I've been to most of them for extended periods of time, and I can tell you that there is no single Mediterranean diet. What is eaten in Spain is very different from that eaten in Italy, and what is consumed in Italy is distinct from the diet in Greece, not to mention the other 13 countries in the region.

If you ask most Americans for their definition of the Mediterranean diet, the response is usually eating pasta (and pizza), drinking red wine, using a little olive oil, drinking espresso, and adding some parmesan cheese to their meals. But that American version doesn't look anything like the real Mediterranean diet. If you eat that way—and think you're cutting your risk of heart disease and helping your body shed fat—it's time to rethink.



Worlds apart.
The Mediterranean Zone diet is unlike any eating plan you've tried.

THE REAL MEDITERRANEAN MIRACLE

There is no definitive caloric composition that makes up "the Mediterranean diet." The best that researchers can do is to estimate adherence to food groups they think should be in the Mediterranean diet. A good guess is that about 60% of the calories in the Mediterranean diet are consumed as carbohydrates, 15% as protein, and about 35% as fat, which would make the Medi-

terranean diet close in macronutrient composition to the current American diet.

Let me say that again: When it comes to carbs, protein, and fat, the Mediterranean diet is almost identical to what the average American eats. So why is it seemingly so much healthier? One word: polyphenols.

The distinguishing feature of the diets in virtually every region that borders the Mediterranean Sea is not pasta but vegetables and fruits. We finally have enough scientific sophistica-

tion to realize that it's the high levels of polyphenols—micro-nutrients that act as powerful anti-inflammatory agents—that make the Mediterranean diet unique.

If you look at the Mediterranean food groups carefully, they usually fall into two broad categories: those rich in polyphenols (fruits, vegetables, wine) eaten in large quantities and those, such as red meat, chicken, and eggs, that are not great sources of polyphenols—and are eaten less frequently.

Furthermore, it is implicit that the fat in the Mediterranean diet is generally rich in monounsaturated fats (from olive oil and nuts), moderate in omega-3 fats (coming from fish),

and low in omega-6 and saturated fats (from corn oil and red meat). Foods rich in polyphenols, monounsaturated fats, and omega-3 fatty acids and low in omega-6 and saturated fats may well explain why, despite having a similar ratio of carbohydrates, protein, and fat to the current American diet, the Mediterranean diet is so much more effective at preventing disease and promoting longevity.

Most of the research around the Mediterranean diet

comes from epidemiological studies, which observe large groups of individuals to determine whether those more closely adhering to a dietary ingredient regimen have any improved health outcomes over those who are not. Better adherence to a Mediterranean diet (meaning probably eating more polyphenols) appears to reduce the incidence of diabetes and heart disease. Just as important, adherence to the Mediterranean diet also appears to preserve the mind and





NOT ALL THOSE
WHO WANDER
ARE LOST.

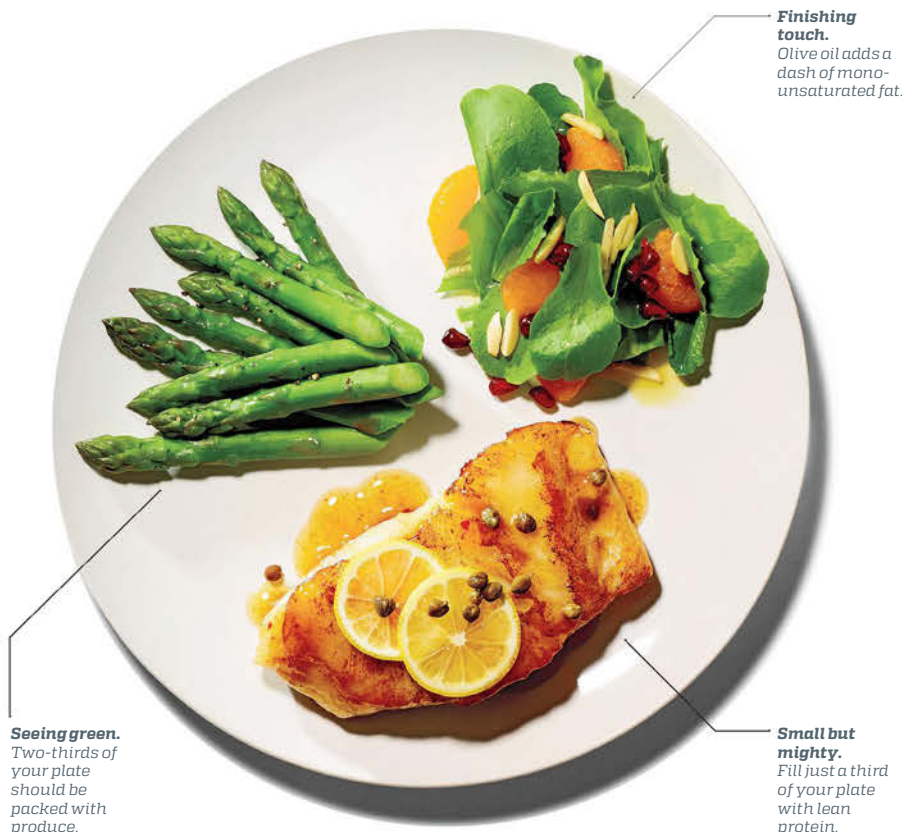
—J.R.R. TOLKIEN

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Seeing green.
Two-thirds of your plate should be packed with produce.

Finishing touch.
Olive oil adds a dash of mono-unsaturated fat.

Small but mighty.
Fill just a third of your plate with lean protein.

The 5-hour diet

The simple Mediterranean meal trick that flips your inflammation and hunger switches to "off"

When I began researching the Mediterranean diet in depth, I wanted to understand why it was so effective for southern Europeans, but didn't seem to translate to America. I realized that the best way to maximize its effectiveness for people like you and me was to apply the principles I'd developed for *The Zone*—a blueprint for how to balance a meal to get an optimal hormonal response for the next five hours, thus allowing you to control the levels of inflammation in your body.

At every meal, divide your plate into three equal sections. On one-third of the plate put some low-fat protein that is no larger or thicker than the palm of your hand. Next, fill the other two-thirds of the plate with colorful carbohydrates, primarily vegetables and small amounts of fruits to balance the protein. Finally, add a dash of fat that's rich in mono-unsaturated fat and low in omega-6 and saturated fats. This could be olive oil, guacamole, or nuts.

Presto: You're in the Mediterranean Zone. A meal like this gives you all the heart-healthy, fat-shredding, inflammation-fighting benefits of the original Mediterranean diet while sidestepping the downfalls of its American bastard cousin.

Here are two very practical hints when it comes to carbohydrates. First, the more white (white sugar, white bread, white pasta, white rice, and white potatoes) you put on your plate, the more inflammation you create. Second, the more nonstarchy vegetables you consume and the fewer whole grains you eat, the better the results. It's called lowering the glycemic load of the meal.

If you have balanced your plate correctly, then for five hours after eating the meal you will not be hungry since you have stabilized blood sugar levels. That lack of hunger is also an indication that you are reducing inflammation.

slow the rate of aging. Since diabetes, heart disease, and dementia are caused by cellular inflammation, this would strongly suggest that a Mediterranean diet really is an anti-inflammatory diet. However, remember that these benefits only come from a lifetime of eating a Mediterranean diet, reinforcing the ancient Greek origins of the word *diet*, which means "way of life."

The American Heart Association, for one, recommends that we avoid fat when possible, especially saturated and trans fats, and if we do eat fat, that we try to focus on polyunsaturated fats like corn oil. Are there any intervention studies that suggest that the Mediterranean diet has health benefits compared with a control diet, such as the one recommended by the AHA?

Actually, there are. The results of the first of such studies, the Lyon Diet Heart Study, didn't make the American Heart Association very happy. Started in 1988, this study split more than 600 French patients who had recently suffered a heart attack into two groups.

One group followed the AHA diet guidelines, consisting of a low-saturated-fat, low-cholesterol diet, but the fat they did consume was relatively rich in omega-6 fatty acids (beloved by the AHA because they are shown to lower blood cholesterol).

The other group followed an experimental diet similar to the Mediterranean diet, which included more fish, vegetables, and fruits and was low in omega-6 fatty acids. The research-

ers wanted their subjects to use olive oil. But because the French tend to prefer butter over olive oil, the researchers gave the subjects free margarine low in omega-6 fatty acids, but enriched with omega-3 fats and lots of trans fatty acids to hold it together.

Trans fats! It was almost as though the Med diet subjects were set up to fail.

They planned to follow the patients in both groups for the next five years, but the study was stopped after three and half years. Was it ended because those getting the experimental Mediterranean diet were dying like flies because of the trans

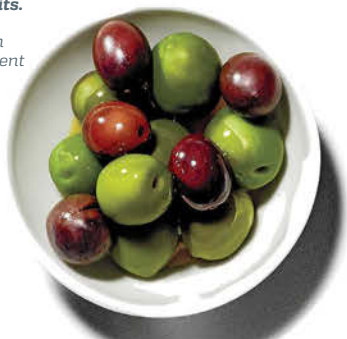
fats in their diet?

No, just the opposite. They were doing dramatically better (especially in terms of mortality) than the subjects following the American Heart Association recom-

mendations. How much better? They had 70% fewer deaths overall and a complete elimination of sudden cardiac arrest (the primary reason you die from a heart attack).

When researchers looked for clinical markers to explain these remarkable differences in mortality, they found the blood

Not the pits.
The fat in olives can help prevent heart disease.



WHAT MAKES THE MEDITERRANEAN DIET SO UNIQUE? ONE WORD: POLYPHENOLS.



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* Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in Metamucil and Meta Health Bars, may reduce the risk of heart disease by lowering cholesterol. One serving of Metamucil has 2.4 grams of this soluble fiber. One Meta Health Bar has 1.8 grams of this soluble fiber.

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GAME CHANGERS

cholesterol levels were the same in the two groups, as were the blood sugar and blood pressure levels. The only thing they found that was different was that those following the experimental Mediterranean diet had a 30% lower AA:EPA ratio in their blood. The AA (arachidonic acid):EPA (eicosapentaenoic acid) ratio is an indication of the levels of cellular inflammation in your body. High levels of cellular inflammation do not mean you have a disease state, but it does indicate that you are not as well as you could be. This suggested that the mortality differences may be a result of reductions in cellular inflammation—and not the usual suspects, like elevated cholesterol and blood pressure.

That study is old news, but even today, the AHA stubbornly sticks to its “reduce fat and cholesterol” stance, despite consistent evidence against it.

In one recently published intervention study, researchers split the subjects into three separate groups. One group was given free nuts, including walnuts and almonds. The second group was given free extra-virgin olive oil. The third was told to change their current diet to a low-fat diet. Not surprisingly, the groups that got the free food eagerly consumed it. Since the free food consisted of items that increased their adherence to the Mediterranean way of eating, it was not surprising that their Mediterranean diet adherence scores

also increased.

At the end of the study, those subjects getting either free nuts or free olive oil (foods rich in polyphenols) had fewer heart attacks. The media screamed this proved the Mediterranean diet prevents heart disease, when it really proved that people who eat free food rich in polyphenols seem to have fewer heart attacks.

It also proved that it's very difficult to change a person's dietary habit if they don't get free food.

MAKING THE MEDITERRANEAN DIET BETTER

There have been other more controlled intervention studies that have indicated when you dramatically reduce the levels of carbohydrates in the Mediterranean diet (usually around 60% total calories) and simultaneously increase the protein content from about 15% of total calories to about 30%, there are significant improvements in blood sugar control and satiety. This would suggest that there is a lot of potential improvement in what is considered to be the Mediterranean diet. The logical question might be this: Can the benefits of the Mediterranean diet (decreased chronic disease, increased longevity, and decreased dementia) be taken to a still higher level using the Zone blueprint of balancing protein, carbs, and fat in addition to providing the missing Holy Grail of weight loss at the same time? Absolutely.

eat well

FOODS WITH BENEFITS

OUR MODEL CHEF, CANDICE KUMAI, TELLS YOU HOW TO DO IT IN THE KITCHEN



“MY GIRLFRIEND IS A TOTAL FOODIE. SHE'S GOT ALL THE KITCHEN BASICS, BUT I STILL WANT TO GET HER SOMETHING COOKING-RELATED AS A HOLIDAY GIFT. ANY SUGGESTIONS?”

AARON POGUE, SEATTLE, WA

Practicality is the goal of any kitchen gift, so go for something that's useful for both of you. Think: an investment piece that delivers results—and that she'd never buy for herself. Here are three of my favorite foodie finds.

1) Le Creuset 5½-quart Round French Oven (\$280, lecreuset.com)

The enamel exterior of this pot won't chip or crack (unlike her nail polish). The interior resists dulling, so your food won't stick, resulting in more delish one-pot meals for you both.

2) Messermeister Oliva Elite 8" Stealth Chef's Knife (\$150, messermeister.com)

Every girl who cooks has to have a great knife. This handcrafted one is my favorite. It's comfortable to grip, and the thin-profile blade slices like butter.

3) Hurom HH Elite Juicer (\$400, usa.hurom.com)

This stylishly designed juicer is so quiet you can use it while she sleeps. Plus, it crushes ingredients the way a mortar and pestle does, leaving more nutrients intact.

For more gift ideas, check out mensfitness.com/foodiegifts.



The expert. Candice Kumai is the author of *Clean Green Drinks*, available at cleangreendrinks.com.

Kumai: Jimmy Fontaine



With whole grain wheat on one side and a touch of sweetness on the other, Frosted Mini-Wheats give you nutrition you want with the taste you love.



WHAT MAKES A TOP QB?

Why do so few pro quarterbacks dazzle on the field? It's all about "dude qualities," this author says.

■ What exactly makes a Manning, a Luck, a Wilson? Quarterback is the most-analyzed position in all of American sports; but for all the stats and chatter spewed by pundits and fans, the actual success rate makes you wonder if anyone really knows what they're talking about. Forty percent of first-round QBs from the past 10 years have flopped. And only 13% of four- and five-star collegiate recruits will ever earn an NFL starting spot.

In *The QB: The Making of Modern Quarterbacks*, Bruce Feldman delves into the cutting-edge science, psychology, and often pure mysticism surrounding the position, actually

embedding with some of the game's most prominent "QB gurus," including "QB Whisperer" George Whitfield Jr., who waves a broom in Johnny Manziel's face to mimic defensive pressure; Tom House, a baseball-pitching scientist nicknamed "the Professor" who claimed to have "fixed" Tim Tebow by bolstering his accuracy and time-to-throw (judging by Tebow's current gig behind a Fox Sports desk, we know how that ended); and Trent Dilfer, the mastermind behind ESPN's QB-recruiting franchise, *Elite 11*.

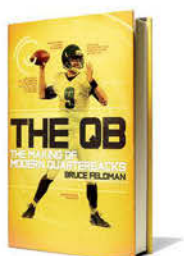
Feldman concludes the obvious: There's no physical archetype of the "successful" modern QB. Sure,



the arm and legs are important. But what really matters happens inside the helmet. Success comes from traits that Dilfer calls "dude qualities"—things like leadership and creativity—which is why he challenges the sport's religious reliance on rankings, stars, and hype when searching for the next Hall-of-Famer.

Because, as Feldman puts it, you don't play quarterback. You are a quarterback.

—KIT FOX



Climbing Giants

A new film captures Yosemite's brave, crazy rock climbers

■ *Valley Uprising*, a documentary directed by Peter Mortimer and Nick Rosen, tells the story of two of America's grandest natural wonders—Yosemite's granite "Half Dome" and "El Capitan"—and the mad athletes who've conquered them through the years. From the competition in the 1950s between purist climber Royal Robbins and flamboyant boozier Warren Harding to the present-day "Stone Monkeys" (a group of possibly insane climbers led by feral-eyed BASE-jumper Dean Potter), the film succeeds with its snazzy graphical effects and dizzying array of visual shots at elevation—to say nothing of a cast of larger-than-life comedic characters, chief among them Harding and Potter. Fortunately, unlike most action-sports origin stories, which veer into self-righteous territory (every old athlete on grainy footage is a "legend" or "god" you've never heard of), *Valley Uprising* is a pure romp. —KEENAN MAYO

Balancing act. Climber (and prankster) Chuck Pratt in Yosemite, 1968.



Running Against Hitler

A sub-five Q&A on vintage-style racing with the coach behind this month's stirring film *Unbroken*

■ The new film *Unbroken*, directed by Angelina Jolie, tells the story of Olympic distance runner Louis Zamperini, who raced in the 1936 Games (and even stole Hitler's personal flag), then suffered as a Japanese prisoner of war in WWII. Here, some running history from the film's trainer, Greg Smith. —BEN RADDING

How do athletes train differently today than they did in the 1930s? Nowadays you've got a lot more technology at your disposal. The athletes in the 1930s, from my research, got a lot of their training doing work-related stuff. Working in mines strengthened their bodies, for example. Manual labor in the '30s built a tremendous amount of core.

Was there a difference in running form? Yes. In middle- to long-distance running, runners nowadays have

a bit more of a leaning style. Distance runners in the '30s were more upright, almost in the style of a sprinter.

How were shoes different back then? Today's shoes are different from what was worn in the '30s, which was sort of like a ballet shoe: soft leather, but the bottom was built with no heel, which is similar to what a sprinter shoe is today. Running in that type of shoe would take a tremendous amount of calf, Achilles, and shin strength.

What's the most outdated running style, or element of running form, from the '30s?

The arm swings—the way they cross the center point of your body. Nowadays you try to get the runner to keep his arms straight so the momentum continues forward instead of going side to side. You still see some runners doing that, but it's something most coaches try to fix because you burn more energy when your arms are swinging across your body.



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NEWS WORTHY

ABC reporter Gio Benitez on how to stay fit and focused in a fast-paced digital world

By Ben Radding

● Emmy-winning ABC correspondent Gio Benitez, 29, first caught the network's attention in 2009 when he filed the "world's first smartphone news story" on the iPhone 3GS launch—using video taken on the device itself. Since then Benitez, who has reported for *Good Morning America*, *World News Tonight*, and *Nightline*, has covered the Boston Marathon bombing, police corruption cases, major tech stories—you name it. How does he stay enviably ripped despite wall-to-wall shoots, nonstop meetings, and 18-hour workdays? Let him tell you.

1) PAY SOMEONE TO YELL AT YOU TO PUT THE DAMN PHONE DOWN

■ Benitez is a big fan of today's fitness "boot camp" trend, in which drill-sergeant trainers instruct group classes. It's the best option for him, he says, because the timed, supervised sessions force him—a self-described tech addict—to focus on fitness instead of continually tracking breaking news and keeping up with correspondence.

"The first thing I do when I wake up is check e-mail," he says. "I need to use Twitter to see what the pulse is and what's happening."

"The funny thing is, I rely on tech in many ways to stay in shape," he continues, "but it's also a huge distraction." And this is where the supervised boot-camp classes come in. "For a full hour, three days a week, I'm just going at it with a really high-intensity workout," he says. "I keep the phone in the locker—there's no time to look at it."

And if he dared, a drill sergeant would be in his face.

2) STAY CONSISTENT (AND IMPROVISE WHEN NECESSARY)

■ As a big-time fitness buff, Benitez relies on a basic fitness app to help him count calories whenever he's traveling. (As an impartial technology journalist, however, he prefers not to be specific about which one it is.)

"The app helps me keep track of the fats, proteins, and carbs I'm taking in," he says. "I tell it what I ate and it calculates all the nutrition numbers from its database."

For exercise on the

road, if there's no gym around, Benitez sometimes works out to videos he finds on YouTube.

"I look for online routines that show body-weight workouts," he says.

3) SCHEDULE YOUR ENTIRE DAY—INCLUDING YOUR DOWNTIME

■ To fit in everything he needs to do, Benitez has only one option: Keep a tight schedule.

"Every single day is a whole new puzzle, and I just need to figure out where all the puzzle pieces go," he says.

To achieve balance, he relies on crazy-detailed schedules that include everything from fitness sessions to downtime. "I fit play into the puzzle," he says. "Obviously you need rest, because otherwise work is going to suffer. So I try to keep in mind the time I need to relax."

"I move at 100 mph all the time," he adds. "The hardest part is trying to slow down."



Shirt: CALVIN KLEIN

Scoop These Apps

Since Benitez can't recommend any specific apps, we'll do the honors. Here are five of our favorites for productivity and fitness.

YOUR CALENDAR CAL

Calendars can be so dull, but Cal keeps you engaged. Sleek and uncluttered, it lays out your whole day in a simple, easy-to-use format.



YOUR ON-THE-GO WORKOUT PLANNER GORILLA WORKOUT

We don't always have access to a gym, and Gorilla Workout has plans and coaching for excellent body-weight workouts.

YOUR TO-DO WUNDERLIST

Whether it's your grocery list or an important call, Wunderlist is a simple to-do list with a lot under the hood, like calendar syncing.

YOUR E-MAIL CLOUDMAGIC

This aptly titled app sorts all your mail into color-coded boxes and searches through them faster than your basic Gmail or iOS e-mail.

Grooming by Lydia Foster/Exclusive Artists using Oribe

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"KISS HER TO
TEST THE
WATERS. IF
SHE KISSES
YOU BACK,
IT'S ON."

A good argument... and great sex

Disagreements happen. Here's how to turn fighting into something exciting: make-up sex. By Amber Madison

Fighting brings out the worst in everyone—and, at the end of the day, the only behavior you can really control is your own. But there are things you can do to turn a potentially destructive argument into a productive, healing meeting of the minds—and get to that make-up sex a whole lot quicker.

AVOID "I DIDN'T DO THAT"

If your girlfriend is saying something you don't agree with, your first instinct may be to shoot down what she's saying with an "I didn't do that," "That's not what I meant," or "That's not what happened."

The problem is, this

will just keep you tied up in the minutiae of the fight. Understand that what's important is that you both feel you're being heard, not that you both agree on the particulars of what happened. Focusing on disputing each other's details is a waste of time and will only annoy her more.

DON'T HEAR, LISTEN

This might sound obvious, but it's actually the hardest thing to do. When you're in an argument, check your mental process: I bet you're spending 20% of your energy figuring out what to say in response.

But concentrating

on listening to what she's actually saying is the best way to defuse an argument, says Bonnie Jacobson, Ph.D., co-author of *Choose to Be Happily Married*. Though it may feel cheesy, the phrase, "What I'm hearing from you is..." is an absolutely essential thing to have in your arsenal.

TOUCH HER... CAREFULLY

"Physical contact is a great way to calm both of you down," says Jacobson. But be warned, the last thing she wants is to feel you're invading her space, telling her to chill out or diffusing the situation cheaply.

So touch with caution. Holding her hand or gently rubbing her shoulder are both safe options. Hugging her may be OK, too, but ask her permission before going full contact.

And whatever you do, don't attempt anything that could be construed as coming on to her. The only thing a woman hates more than a guy she's pissed at is a guy she's pissed at who's really just trying to get laid.

And Finally... The Make-up Sex

Don't jump the gun here. Wait till you've both laughed about the fight and started talking about other things—a sign her mind is starting to get past the argument. Then kiss her to test the waters. If she kisses you back, it's on.

Remember the key to great make-up sex: slow and passionate. If she still has some anger she wants to let out and starts to take it to a kinkier place, go with it. But let her be the one to direct it that way. And while it's certainly easier said than done, try not to finish before she does.

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VINCE CAMUTO
Want it?
See page 158.

What to wear...to a holiday party

December presence

Embark on another round of year-end parties looking great—with one strong statement piece and a few smart but subtle wardrobe choices

Holiday season means parties—lots and lots of parties. There's the homey family mixer, the chic champagne blow-out, and—scariest of all—the dreaded office party, where work politics meets free alcohol and things can get weird. Which means you need to be ready for anything, from leading a cadre of tipsy celebrants in a toast to slipping out unnoticed the moment HR starts organizing a team carol.

It also means having an outfit on hand that embraces tradition but is contemporary enough to translate to a more stylish environment. "This is a confident look any man can pull off," says designer Vince Camuto. "It blends classic and timeless designs with a modern Italian sensibility."

And speaking of sensibility, go easy on the punch. People talk.

THE PANTS
"An interesting print or texture instantly elevates otherwise everyday five-pocket pants," Camuto says. Dark jeans, of course, are always a safe bet for business-casual environments, and jean-cut cotton chinos are a step up from jeans; five-pocket wool dress pants, though, are something out of the ordinary.

"They offer additional texture and dimension that add a strong styling element for a more refined look," adds Camuto.

THE JACKET
"The velvet blazer has become a versatile wardrobe staple—it looks great with trousers, or even denim, and adds a level of sophistication and refinement," says Camuto. "It's the perfect style for a holiday party," he adds.

Of course, having balance in your overall look is key, Camuto says, so "other pieces in the look should be more tonal and cleaner."

THE SHIRT
Back away from the festive holiday print, aka winter's Hawaiian shirt. Please, trust us on this one.
"You should always pair a velvet blazer with a crisp, solid shirt," advises Camuto. "This matte shirt works as a clean backdrop to the soft texture and light sheen of the blazer. Mixing finishes is a great and easy way to pull off the monochromatic look."

THE BOOTS
A masculine, contemporary pair of boots, like the Vince Camuto Carlo (shown), is just what you need to ground this look. (You're wearing a velvet jacket, after all.)
"I love the versatility of these boots," Camuto says. "They're dressed-up motorcycle boots with a downtown edge. They're appropriate for a special occasion and also look great with jeans."

Grooming by Lydia Foster/Exclusive Artists using Oribe

COLD & BOLD

This winter, every interesting man deserves an equally intriguing scent

It's time to banish lightweight warm-weather fragrances in favor of aromas that are complex, grounded, and masculine. Try one of these classics updated with a refreshing, modern twist.

ISSEY MIYAKE NUIT D'ISSEY

This post-sundown scent is built on leather with subtle woods and spices mixed in. 4.2 oz, \$87

CALVIN KLEIN ETERNITY NIGHT

Stand out at holiday parties with this blend of pink pepper and tonka bean. 3.4 oz, \$74

DIOR HOMME EAU FOR MEN

A new take on an old, adventurous classic, Dior Homme has an especially spicy finish. 3.4 oz, \$84

ARMANI CODE

This confident Giorgio Armani scent is fresh and spicy with citrusy notes topping off an olive-tree base and tonka-bean finisher. 3.4 oz, \$51

CHANEL BLEU DE CHANEL

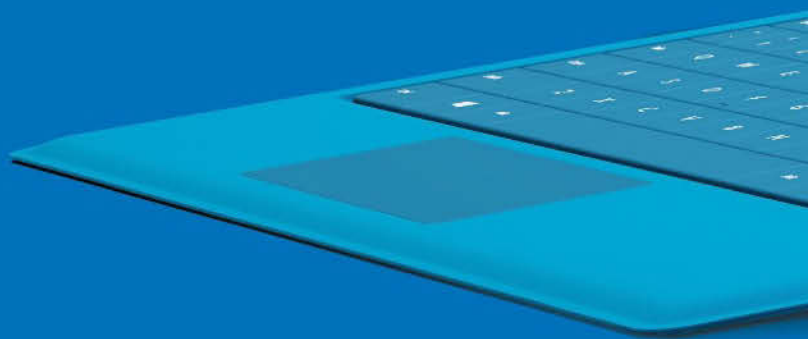
Everything Chanel does is timeless, and this masculine scent—fresh and clean, combining citrus and wood notes—is no exception: 3.4 oz, \$110





Powerful as a laptop, lighter than Air

The new Surface Pro 3 is a tablet and laptop in one. It's thin and light and runs your favorite desktop programs, like Adobe Photoshop, Office and Windows. Work from anywhere with the built-in adjustable Kickstand, Surface Pen, USB port, 12-inch screen, and an optional click-in keyboard. The Surface Pro 3. The tablet that can replace your laptop.



Surface Pro 3

Headline is a direct comparison to the 13" MacBook Air. Adobe Photoshop, Office and keyboard sold separately.



Surface.com

DEC
2014

Jump the airport lines, score deals on gifts, and 29 other ways to ace the month.

1

To keep you (at least moderately) in shape over the next 30 days, sign up for a Jingle Bell 5K Run or a Resolution Run 5K.

2

To jump security at the airport without getting tackled, sign up for the TSA pre-flight security check: tsa.gov/tsa-precheck.

3

Last-minute gift tip: Nobody uses (whatever)-a-day calendars after Jan. 8. Unless it involves Kate Upton. It's science.

4

Numbers to monitor during the holidays:
1. Weight
2. Free minutes to exercise
3. Credit card balance

5

Before you go out, put the number of a local cab company in your contacts. Use it.

6

Always carry a handkerchief. For you, for her, for a stranger. Check out some cool options at pretentiouspocket.com

7

Before you say, "I'll take it" on a big gift purchase, ask what else they can throw into the deal. You can use the extras for stocking stuffers.



Cruciferous, for Your Nutritional Sins

Just because Brussels sprouts are a culinary punch line doesn't mean you can't spread their simple joy: Pan-roast with olive oil and garlic.

#Nofilter

Improve your holiday photos simply by changing up your vantage point: Get low, get high (not like that), stand to the side. Straight-on shots equal boring shots. Alternate angles automatically improve the aesthetics of your image.



Manuel Pandelis/blaublut-edition.com

WHO LIKES MAGAZINES?

■ You, obviously. But for the tablet-toting info junkie on your list, give the gift of the Next Issue app: 145 magazines (including this fine publication you're reading right now) delivered to their device with unlimited access to content—all for just 15 bucks a month. nextissue.com

Hack the

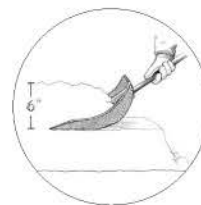
SHOVEL YOUR DRIVEWAY WITHOUT SLIPPING A DISK



Limber your lumbar. Stretch properly. You're about to do some heavy lifting. The only hammy you want to destroy is the one on the table.



Line it up. Shovel the snow in parallel lines. Don't make huge piles—they'll just end up falling back onto the driveway.



Skim some off the top. If it's thick with snow, first skim off the top six inches, then shovel off the remaining snow. It'll make it easier on your back.



Hint It Hard

The Cobra BiO Cell Driver uses MyFly8 and SmartPad technologies to boost trajectory and send golf balls into other planets' orbits. Eight loft combos and color customization make it truly your own. \$199, cobragolf.com

OH, HELLO, MR. JACKSON

■ If your wallet has a secret pocket or space, hide these in there immediately: toothpick and a \$20 bill. You'll forget about them, but when you need them in a pinch, you'll be relieved to remember they're there.

Ex-spu-dite Immunity

Sweet potatoes contain a boatload of vitamin A, beta-carotene, and vitamin C, which will improve vision and boost immunity throughout the long winter months. Roast them with a dash of olive oil, cinnamon, sugar, and sea salt.

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Food & Drink
Get thousands of recipes, instructional videos, and tips from renowned chefs.

8

Meta holiday stocking stuffer: compression socks.

9

Send a holiday package to our troops at uso.org/uso-holiday-boxes

10

Quick pre-holiday-party chili: tomato sauce, ground beef or turkey, beans of choice, chili powder. Veggie up as you wish.

11

Holiday rule you might as well accept once you turn 21: The ornament of your favorite team will always go on the back of the tree.

12

Roles to assume at office holiday party:
1. The Listener
2. The Toast Giver
3. The Joke Teller
1,053. The Mistletoe Enthusiast

13

Need to organize a group function? Use wigglo.com: Invite members, use a calendar, upload documents, and have discussions.

14

When buying gifts for your significant other, think of a mix of small, medium, and large. (The thought that goes into each isn't proportional.)

15

Buy discounted gift cards at cardpool.com.

Holidays!

75 tips to squeeze in all the good stuff this crazy month—without going crazy yourself

STILL LIVES BY SAM KAPLAN // WORKOUTS BY BETH BISCHOFF
FOOD STYLING BY SUZANNE LENZER // ILLUSTRATIONS BY JOE MCKENDRY

FLUTES & VEG: CHAMPAGNE TOP-OFFS

Three simple, healthy ways to elevate your bubbly



Cranberry Sparkler
Cranberries and a splash of cranberry juice



Ging Fizz
Fresh grated ginger



Pom Royale
Crème de cassis and pomegranate seeds

HOW MUCH TIME DO YOU HAVE TO WORK OUT?

0 MINUTES

Running errands? Of course you are. Park the car far away from the store and run there (or just leave your wheels in the garage). You'll burn a few extra calories and make room for pumpkin pie.

LIKE, 5 MINUTES, TOPS

Set a time limit for however long you have to exercise. Complete as many reps as you can of your exercise of choice in that time, then work to do more reps the next time you repeat the routine.

10 MINUTES

Goblet squat: 4 sets of 10. Pushup on dumbbells or handles: 4 sets to failure. Chinup: 4 sets to failure. That's it, you're done.



20 MINUTES

Fight for your right to party with this cardio workout from Joel Jamieson, a Seattle MMA trainer: Hit a bag for 10–15 seconds as hard and as fast as you can, then shadow-box for 45–60 seconds. Repeat for 20 min.

30 MINUTES

Throw punches (hitting a heavy bag or shadow-boxing) 3 minutes on, 1 off. Picture your opponent as whichever familial Grinch you least enjoy.

UNTIL YOUR WIFE CALLS YOU, NO DOUBT URGENTLY, NO DOUBT FOR SOMETHING SUPER-IMPORTANT, LIKE A STORE RUN FOR ORGANIC NUTMEG

Superset exercises to cram more work into less time. *A Journal of Strength and Conditioning Research* study found that supersets burned more calories in shorter workouts than those who performed straight sets.



Skype

The always-on app that makes staying in touch with all your contacts easier than ever. Keep in touch with video and voice calls and instant messaging, all from one app. Call any phone quickly and easily. All Skype-to-Skype video and voice calls are free, and your messages are delivered straight to you no matter what you're doing. Snap Skype left or right and do more while you IM, video call, or keep an eye on your home screen.

16

Be careful to whom you say, "Ho, ho, ho."

17

Great gift to give to a kid: Find a local college hoops game. Students are cleared out, so there's usually plenty of room in the court-side seats.

18

Busy man's workout: As many pushups as you can do while the shower warms up. Body-weight squats while you rinse off. Something > nothing.

19

Killer appetizer: Cook ground beef with turkey sausage. Add cheese of your choice. Scoop onto whole-wheat bread. Bake 10 min. at 350°.

20

Nuts > caramel corn > fruitcake.

21

Supercharge your morning-after coffee: Cinnamon helps boost cognitive function and memory. Nutmeg has mega anti-inflammatory properties.

22

It's never too late to start a tradition. Offer to make the pie. Learn to make the pie. Be the pie guy.

23

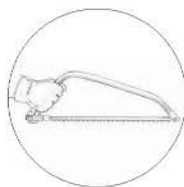
Set your automatic out-of-office reply to start a day and a half before you're out of the office.

Blend Together

Stick to those resolutions: Invest in a blender or juicer. Research shows that couples who blend, juice, and work out together lose more weight, feel more supported, and have better sex.



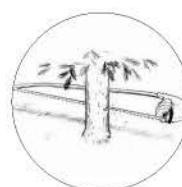
HOW TO CHOP DOWN A CHRISTMAS TREE



If you see something, saw something. Opt for a bow saw with a large-toothed blade to get a straight cut with minimal effort.



Ground control. Rest your side and shoulder on the ground to stabilize your body before sawing back and forth.



Straight and steady. Keep your saw parallel to the ground throughout to maintain both balance and consistency.

WHAT THE [BLURP]?!

■ DIY back move: the "blurpee." Do a regular burpee, but with your legs wider than shoulder width. As you bring your legs forward, you'll have to engage your lats.



WORKS EVERY TIME: WHAT TO GET HER

How much do you want to spend?

\$ Banana Republic Gloves: She'll love these stylish, comfortable quilted wool gloves, and the fingertips are touch-screen-friendly so she can read your texts without risking frostbite. \$80, bananarepublic.com

\$S SimpleHuman 8" Sensor Mirror: This energy-conscious cordless mirror will light up as she nears, simulating sunlight and offering 5x magnification. Traveling? She can charge it on the go with her laptop. \$200, simplehuman.com

\$SS Michael Kors Medium Greenwich Grab Bag: She'll love this versatile handbag, a holiday style with a timeless silhouette. With classic accents, and in saffiano leather, it's built to last. \$358, michaelkors.com



NIGHTCAP IT OFF RIGHT

■ At the end of a night with your three closest pals, order a round of the Greek spirit ouzo (unless you don't like the taste of licorice). Give them a one-sentence "Here's to you, my men," clink glasses, sip, then resume football talk.



NYTimes Crossword

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24

Even if you know a better way to mash the potatoes, there's no sense in fighting about the best way to mash the potatoes.

25

No matter how long it takes, or the fact that it came with 3 screws instead of 4, taking the time to assemble the kids' toys is #worthit.

26

December workout mantra: Preemptive workouts always reap better benefits than guilt-driven ones.

27

Just for today, choose one pal you've been meaning to call—and ring him up. Virtual holiday fist bump, bro.

28

Today, take a walk through the woods with the whole family. No tech allowed.

29

Peppermint season + stress season = she deserves a shoulder rub with a soothing peppermint lotion. (NOT melted candy cane!)

30

Organize your thoughts, ideas, files, e-mails, and documents with thebrain.com.

31

Eggnog-burning workout: 10 burpees, 10 squats, 10 pushups, 30-sec. rest between sets. Repeat for 10 minutes.

Don't Get Benched

Can't find a free bench at the gym? Wedge one end of a barbell into a corner and press the opposite end. Called a "lever press," it's safer for shoulders than bench-pressing.

FAST-TRACK YOUR FITNESS (AND AVOID ANNOYING INJURIES)

■ Performing one set of several exercises in succession—aka circuit training—trains strength and cardio at once. A *Journal of Sports Science and Medicine* study found that circuits can accomplish more work in less time. TIP: Set up fat-burning circuits with simple exercises like jumping jacks, mountain climbers, and burpees (or "blurpees"—see left). If your form breaks down with fatigue, you won't get injured.

BOW DOWN

Yes: Bow tie.
(No: Reindeer sweater.)
Tie it (below).
Look in mirror.
Now you get it.



Bow tie:
IZOD
Want it?
See page 158.



Show up, show off at your girlfriend's parents' place for the holiday. Flowers, a homemade pumpkin pie (recipe at mensfitness.com), or a great bottle of red is a must. Also: Smile for mom, use dad's name as much as possible, and ask questions. #DaleCarnegie

HOW TO TIE A BOW TIE



1. Place it around your neck. Grasp the ends and make a knot, leaving one side slightly longer than the other.



2. Fold the shorter end into a bow. Position it gently over the knot so the two ends make a cross.



3. Don't lose your grip. Drop the raised end of the tie over the front of the bow. Hold it in place.



4. Grab the left and right sides of the folded end. Pinch them together in front of the dangling end.



5. Feed the middle of the dangling (longer) end back through the central knot. Pull it through.



6. Presto! Tighten the bow by pulling on opposite sides and halves at the same time.



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THINK OUTSIDE THE TRUNK

A new generation of small-but-roomy hatchbacks is taking souped-up power into the tightest of turns

By Brett Berk

There's some debate as to which was the first hot hatchback—the smallish, sporty car with a tailgate instead of a trunk. (We put our money on the Aston Martin DB2 of the early 1950s.) Regardless, the category exploded globally in the 1980s and 1990s; now, as drivers seek the perfect blend of practicality, maneuverability, and versatility, the category is heating up once again. And, yes, for the record: They're also great for tailgating.



Newly hatched. Clockwise from top left: the Nissan Juke Nismo RS; the Volkswagen Golf GTI; the Mercedes-Benz GLA45 AMG; the Ford Fiesta ST; the Mini Cooper S.



NISSAN JUKE NISMO RS

■ The Juke may not be very pretty, but it's got a great personality. So who cares what it looks like—it's fun as hell to drive. Add in a turbocharged engine, upgraded brakes, Recaro sport seats, a performance exhaust system, and available all-wheel drive, and the Nismo RS is essentially well-controlled mayhem with room for luggage.

ENGINE	Turbocharged 1.6-liter, 4-cyl
POWER	215 hp
TORQUE	210 lb-ft
0-60 MPH	7.0 seconds (approximate)
FUEL	25 city/31 hwy
STORAGE	10.5/35.9 cu ft (seats up/down)
BASE PRICE	\$26,120

VOLKSWAGEN GOLF GTI 4-DOOR

■ Many credit the original GTI, released in the U.S. in 1983, with putting hatchbacks on the map; and it's been the category benchmark ever since. This seventh-generation model adds refinement (touchscreen navigation, a panoramic sunroof, and bi-xenon headlamps) but never forgets that the driving experience is key.

ENGINE	Turbocharged 2.0-liter 4-cylinder
POWER	210 hp
TORQUE	258 lb-ft
0-60 MPH	6.3 seconds
FUEL	25 city/34 hwy
STORAGE	22.8/52.7 cu ft (seats up/down)
BASE PRICE	\$24,995

MERCEDES-BENZ GLA45 AMG

■ Mercedes' overactive slicing of the automotive pie has now thankfully rendered this: a chic, \$50,000, four-wheel-drive wolverine stuffed with the most powerful production four-cylinder engine in the world. Who'd have predicted that a tiny SUV (just eight inches longer than a GTI) would be the fastest car in this speedy cadre by far?

ENGINE	Turbocharged 2.0-liter 4-cylinder
POWER	355 hp
TORQUE	332 lb-ft
0-60 MPH	4.8 seconds
FUEL	23 city/29 hwy
STORAGE	11.8/42 cu ft (seats up/down)
BASE PRICE	\$48,300

FORD FIESTA ST

■ A souped-up version of this compact Ford has been tooling around Europe since the '80s, but we've been deprived in the States—till now. The diminutive sportster, with its bigger (yet still tiny) engine stuffed into its wee snout, not only eats up the road but also sticks the corners and stops with alacrity. And it garners our highest fuel-economy numbers.

ENGINE	Turbocharged 1.6-liter 4-cylinder
POWER	197 hp
TORQUE	202 lb-ft
0-60 MPH	6.7 seconds
FUEL	26 city/35 hwy
STORAGE	10.1/25.4 cu ft (seats up/down)
BASE PRICE	\$20,945



MINI COOPER S HARDTOP 4-DOOR

■ Minis are small—it's right there in the name. But while the regular Cooper S is sporty, tightly packaged, and fun to drive, its backseat is unfortunately a real squeeze. This new four-door version adds six-plus inches, with half that for the rear passengers. Bonuses: go-kart-like handling,

extensive personalization options, and more interior toggle switches than a space shuttle.

ENGINE	Turbocharged 2.0-liter, 4-cyl
POWER	189 hp
TORQUE	207 lb-ft
0-60 MPH	6.6 seconds
FUEL	26 city/35 hwy (approximate)
STORAGE	13.1/40.7 cu ft (seats up/down)
BASE PRICE	\$25,100

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Posers allowed

Hardcore guru Rudy Mettia wants to whip you into shape—and maybe even help you score a date—by getting you onto a yoga mat
by Lara Rosenbaum

What's the biggest misperception that guys have about yoga?

Guys think they need extreme flexibility, but they don't. You need to balance strength and mobility, which yoga does; but hyperflexibility actually creates instability. The other

misconception is that yoga is easy. It's typical for a guy to burn 600–1,000 calories in one class. The style I teach, called power vinyasa, is very dynamic—you're constantly moving, and the movements are synchronized with your breathing.

What do you say to the guy who thinks "working out" is either cardio or strength training, and that yoga is too light to qualify?

I say: Change your mentality. If a guy wants to continue cardiovascular and strength training, he needs to supplement

it and stretch. Every week I do four 30- to 40-minute weight-training sessions and three 40-minute HIIT workouts on a spin bike—plus five yoga classes. Yoga isn't ball breaking, but guys need to think of it in terms of longevity. It creates flexibility and fluidness.

Should yoga be done as your one workout of the day or on the same day as other workouts?

It can be done either way. I maintain a consistent fitness program, so if I'm doing strength or HIIT conditioning and yoga in the same day, I do strength training first and yoga second. A stretched muscle doesn't have as much power over the next 24 hours, so it's good to plan your workouts accordingly: Do the more intense training first, to get your most efficient workout.

What kind of gear do guys actually need to do yoga right?

Just get a yoga mat, one you won't slip on. It doesn't have to be expensive. Don't use a gym mat, it's too thick and soft; you'll feel like you're balancing on a mattress.

Can practicing yoga help with weight loss?

Yoga can burn a lot of calories—I lost 25 pounds during my first six weeks—but you can't out-train a bad diet, so if you want to lose weight, you've still got to stop drinking so much, and cut down on white flour. In general, yoga brings awareness to what you're doing in life: You learn to focus on the sensations in your body, and cultivate mindfulness, which

helps you be more vigilant about your choices—including what you put in your mouth.

It's no secret that the spiritual aspects of yoga are what turn off a lot of guys. Is there a "style" of yoga that feels like it's more of a hardcore workout?

Power vinyasa classes tend to be more dynamic. It's a more athletic form of yoga, as you'll move from pose to pose faster. Some classes might involve holding poses for longer, too, which also builds strength. If you want to sweat more, try hot yoga, which is essentially vinyasa in a heated studio. If you want to keep clear of chanting or spiritually based yoga studios, avoid bhakti, which is based on devotion.

Should a man ever try to pick up a woman at yoga?

It's like anything else, anywhere else—let things progress naturally. But be respectful, and approach someone you're interested in on the way out of class, not on the way in. Be a gentleman. A lot of love connections happen in yoga. One student proposed to another right in the middle of class. I have a minister certificate and married them!

"YOGA CAN BURN A LOT OF CALORIES—I LOST 25 POUNDS DURING MY FIRST SIX WEEKS."



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Learn It!

FAIL FAST, FAIL UP

Take a lesson from Michael Jordan, Kevin Hart, and Thomas Edison: Living through epic fails is the key to unlocking success beyond your wildest dreams

I**N ONE FAMOUS NIKE** commercial, basketball superstar Michael Jordan says, "I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

When I see an athlete break world records, or a dancer delivering a brilliant performance, it always looks so easy and effortless. When observing others' success, you see only the results, which can lead to a variety of assumptions: They have the right genetics. They know the right people. They're getting extra financial support. They're more brilliant than I am. They're just plain lucky.

It's easy to point out all the reasons some people are so successful—but that's because we don't see them in the context of their failures. We rarely learn about the significant challenges and losses they've gone through, and we'll certainly never know all of them. As a culture we're brainwashed into believing we must never fail, never lose.

But I believe the opposite is true, that in order to really succeed you have to experience failure, sometimes over and over again. After all, we're human; it's impossible for us not to fail from time to time. In fact, I'm convinced that the key to success is startlingly simple:

Fail fast.

FORTUNATELY, THE "FAIL FAST" METHOD CAN BE APPLIED TO ANY JOB OR ENDEAVOR.



You think an Apple Newton is some kind of soft cookie? No, it was Apple's biggest fail—and the start of something big.

When beginning anything new, whether it's learning a different sport, getting a business off the ground, or trying your hand at playing the guitar, the first days, months, even years, are bound to be filled with "failures." But as long as you're paying attention to these failures and cherishing them as opportunities to grow, you'll begin to see failing as a positive step—and a necessary one in achieving success.

For example, a while back, before comedian Kevin Hart was starring in blockbuster movies, my brother and I went to see him perform. His stand-up was flawless. On the drive back, we started wondering how he or any comedian could become so polished. When I got home, I watched every Kevin Hart YouTube video I could find, and noticed that some of

his jokes definitely weren't knockouts. It's not that he wasn't funny; he just wasn't consistently funny.

It's the perfect example of "fail fast," an old computer programming principle still used by engineers to build successful products. Basically, a "fail fast" system hinges on the immediate reporting of any failure—or any variable that might lead to a failure—as a programmer is writing code. That way, system operators can get out in front of problems as they're identified, which keeps them from compounding and bringing down entire systems.

Similarly, because comedians like Hart are constantly testing new material, the final result is close to perfect. Fortunately, the "fail fast" method can be applied to any profession or endeavor.

by **MARIO ARMSTRONG**



1. Test your hypothesis

I like to apply the scientific method to any task. After devising a hypothesis, like “Can I run 15 miles each week?” I test it by seeing if I can accomplish my goal. If I can, I keep pushing—maybe my next hypothesis will be to see if I can run 20 miles each week.

If I “fail,” it’s back to Step 1 and creating a new hypothesis based on the results of the first experiment. I couldn’t run 15 miles in a week but realized I could run seven, so my next hypothesis is to see if I can push myself from there to 10 miles. Technically I never failed—I just discovered something about the current version of myself, then started working on a “system upgrade.”

2. Quantify your progress

It’s important to use data and analytics to measure your progress. If you’ve got a health-related goal, find a great running or calorie-tracking app and use it consistently.

If you’re trying to knock out a set of tasks in pursuit of a larger goal, make sure you’ve got some kind of review process in place so that at the end of every week, month, and quarter you can go back and measure how you did. Don’t just note your successes; also pay attention to the areas where you failed, or get to the bottom of what went wrong so that you can create a new hypothesis and start testing yourself all over again.

3. Don’t fear failure

Many of us are so afraid to fail that we find it hard to even get started on a task. A 2012 study titled *The Complexity of the Relation Between Fear of Failure and Procrastination* found that when students took on a new task, they fell into two camps. One camp was made up of students who were already competent in a subject and therefore didn’t experience much in the way of fear. In the other camp were the students who lacked experience in that area of study. In the latter group, the subjects’ fear of failure was found to correlate significantly with procrastination and a “problematic delay on academic and everyday-life tasks.”

Maybe you’re just starting a new gym routine but feel uncomfortable lifting on your own, or you’re trying to branch out into a new field of work like video editing but don’t have Final Cut down. Either way, you have to overcome your fear of failure—otherwise you may not even start.

Bottom line, people have failed before you, and people will continue to fail after you, so as you start a new venture, don’t beat yourself up over your own failures. Remember what Thomas Edison said: “I have not failed; I have just found 10,000 ways that won’t work.” ■

Mario Armstrong is a digital lifestyle expert and appears regularly on NBC’s *Today* and CNN.

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by JACK OTTER

STOCKS ARE ULTIMATELY THE BEST INVESTMENT. BUT IF YOU'RE NOT DISCIPLINED, THEY CAN MAKE YOU ACT LIKE A COKEHEAD AT A FRAT PARTY.



Play the long game

Real estate, gold, CDs, stocks: You probably think you know what type of long-term investing is the smartest move. You're probably also wrong.

I**MAGINE STRUTTING INTO THE GYM AND SURVEYING THE** scene, from squat rack to rowing ergometer to Pilates reformer, with absolutely no idea what equipment to use, how to use it, or what it does for your body—then throwing yourself into a workout without asking for instruction, aid, or advice. As absurd—and dangerous—as that would be, it's an apt analogy for the way many Americans choose to invest their money. In its annual poll, Gallup lists five investments and asks respondents which they think is best for the long term. According to the most recent survey, real estate was the top pick, at 30%, followed by gold and stocks/mutual funds, tied at 24% each. Savings accounts and certificates of deposit (CDs) were the favorite of 14% of investors, while 6% chose bonds.

Not surprisingly, the results of the poll were summed up by one financial website in this headline: AMERICANS ARE STILL IDIOTS WHEN IT COMES TO INVESTING.

Because, with a few caveats, here's how those options actually compare: If you had invested \$10 in gold in 1926, it would be worth about \$615 today. If you had put \$10 into the average home that year, that would be worth \$241 in 2014. Ten dollars invested in the stock market, however, even with the crash of 1929, would be worth \$55,000. In other words, it's not even close. Stocks crush the other options. (Savings accounts and CDs pay squat, so it's not a fair fight there.) Are the returns for the next 90 years going to be exactly the same? Of course not. But the stock market will run laps around those other options. Why? Because when you invest in companies that are making profits and plowing that money back into their business, and you reinvest the dividends they pay you, your long-term returns will be higher than if you bought static assets such as a house or a shiny metal.

Well, what does anyone expect? They don't teach this stuff in school, and you'd have to spend a long time with *The Wall Street Journal*, *Forbes*, or *Fortune* before you'd gain a decent understanding of the respective benefits and pitfalls of each option. To make the best decisions about investing, some smart advice would come in pretty damn handy. Here it is.

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Play the stock market—but throw the ball deep

While real estate can have a great effect on your finances, stocks are a great investment that, if you're not disciplined, can make an otherwise rational guy act like a cokehead at a frat party. With real estate, people tend to worry about what it will be worth in 10 or 20 years, which is a smart way to invest. Ask your parents' friends what they paid for their house and they'll all remember. Ask them where the Dow was trading that year and they'll have no idea. But they probably know what stocks did yesterday. And that's the problem.

Because people can check prices of stocks every day (or every minute), they tend to overreact to meaningless short-term movements. They're euphoric when their stocks go up, and devastated when they fall. The resulting greed or panic leads to bad decisions—like buying in good times and selling in bad. The result: As countless studies have shown, the returns investors actually earn in the market are much lower than the market's performance.

And this, of course, is why respondents in the Gallup poll think real estate is a better investment than stocks: They're comparing the inflation-juiced profits of decades of home ownership with the scars of bad stock-investing decisions in recent bear markets. Simply stated, real estate makes them smart and stocks make them stupid.

The only way to win in stock investing is to find the strength to ignore the short-term moves. Treat your retirement savings like a mortgage: Make monthly payments regardless of market conditions. Don't try to pick stocks, and don't pay the fees required to invest in mutual funds that try to beat the market. Instead, buy a cheap passive fund such as the Vanguard Total World Stock Index Fund Investor Shares (VTWSX), which owns shares of more than 6,000 companies around the world, with about half of those in the United States.

I have no idea how the fund will perform over the next year or two, but as those companies churn out profits and dividends, they'll become more valuable. Over the decades, it will far outstrip the appreciation you'll see in the average house.

Believe in CDs (just don't expect miracles)

For money you'll need in the next few years, certificates of deposit are a good bet. CDs, which pay more than a savings account in return for your agreement to let the bank

Be the smartest (money) guy on the block

Expert personal finance advice from Jack Otter—free of charge!

■ Before you buy a car, check to see what the bad guys are driving—or more specifically, stealing. The most frequently stolen cars are the Honda Civic and Accord, Ford and Chevy pickups, and the Toyota Camry, in that order, according to insurance site *coverhound.com*. Don't drive thief-bait.

■ Maybe Capital One really should be in your wallet. According to a recent report of the 25 largest banks by Wallet Hub, the average checking account contains 30 fees. Your best bets? Capital One 360 and Santander extra20.

■ It might sound too good to be true, but you really can bypass some taxes. Income from municipal-bond funds is federal-tax free. And thanks to a quirk in their structure, some funds trade at times for less than the value of their holdings. At press time, the Eaton Vance Municipal Income Term Trust (ETX) was selling for 10.4% less than the bonds it held, and paid 4.9% tax-free interest.

keep your cash for periods ranging from a few months to several years, are guaranteed by Uncle Sam, and some five-year CDs return around 2%. Look for one with a low early-withdrawal penalty. Even if you cash out before it matures, you'll do better than you would have with, say, a one-year CD that paid next to nothing.

But don't think of a CD as an investment—it's a garage for your money that might come close to keeping up with inflation.

Be realistic about real estate

"But," you say, "my parents paid just \$28,000 for their house in 1971—now it's worth 10 times that!" True. And guess what: A gallon of gas cost 36 cents in 1971. Today a gallon of gas sells for about, well, 10 times that. When you go back far enough, as people tend to do with houses, inflation plays a big role in price appreciation. By comparison, compounded gains in the stock market, including reinvested dividends, would increase your 1971 investment by a factor of 80. Sure, inflation takes its cut out of those earnings too—but they're big enough to withstand the pain.

Yale economics professor Robert Shiller, whose data I used to calculate the real estate returns above, estimated that during the 100 years leading up to 1990—before the housing boom—home prices rose only

an average of 0.2% a year after inflation. According to Standard & Poor's, stocks have returned an annualized 10.2%.

I'm not suggesting it's a bad idea to buy a house or an apartment. In fact, it's a pretty good idea. For starters, it provides shelter, which you'd have to pay for anyway. More important, home ownership tends to encourage better financial decisions. People who "can't save a dime" somehow find a way to send \$1,500 monthly mortgage payments to the bank for 30 straight years. USC professor Richard Green thinks of it as getting to live in your piggy bank.

Would they have made more money if they'd plowed that \$1,500 a month into the stock market? Of course.

Consider gold, but just a nugget

Gold has no earnings, it pays no dividend, and you can't live in it. In the end, it's only worth what someone will pay you for it.

Gold is a fear trade: When people are scared, they buy gold. Some fear that stocks or bonds will crash. Others think the dollar and other paper currencies will plummet in worth, leaving gold as the only good store of value. Others think President Obama is conspiring with fellow world leaders and the National Oceanic and Atmospheric Administration to enslave us all.

Because the first two could happen (and if you think the third could, you're not going to want our advice anyway), there's nothing wrong with owning a little of the yellow metal—but make it no more than 5% of your portfolio. One easy way is to buy an exchange-traded fund such as the SPDR Gold Shares (GLD).

Do a little bonding

If you're already in your 20s or early 30s, the standard advice would be to have around 30% of your retirement account invested in bonds. Right now, yields are unusually low, however, so future returns don't look great. The best approach is to diversify as much as possible and understand that if the stock market tanks, bonds should act as a shock absorber, as they did in 2008.

And someday, when your kids ask you how much you paid for the house, go ahead and impress them. Then blow them away by describing your stock market gains. ■

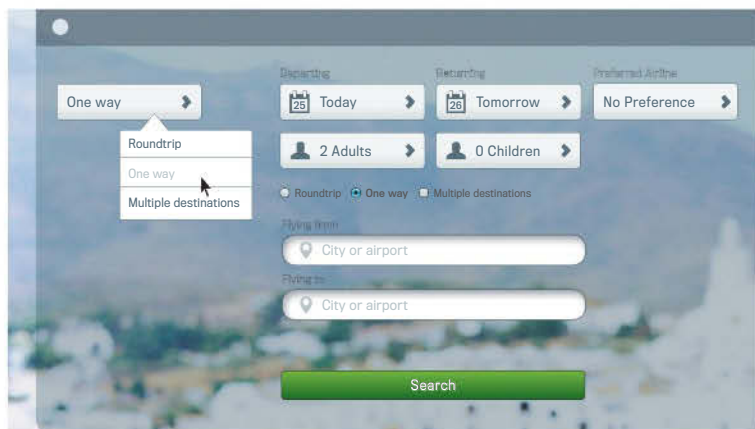
Jack Otter is the author of Worth It...Not Worth It? Simple & Profitable Answers to Life's Tough Financial Questions.



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OUTSMART THE AIRFARE MACHINE

Everything you need to know to score the cheapest airline ticket possible

EVERYONE KNOWS THE SINKING FEELING of sitting at a computer to book that last-minute round-trip home for the holidays. Inevitably you find yourself staring at the online offerings served up by Expedia, Orbitz, Kayak, Priceline, or *whateverdealsite.com*—each at least \$500 more than you’re willing to spend visiting your grandparents or high-school buddies—and nearly banging your head against the keyboard. *If only I’d booked this ticket six months ago*, you curse yourself.

But you’re wrong.

Although certainly a factor in airfare pricing, the timing of your purchase is far less important than you think. What’s actually at play here is the fare-pricing model across the airlines, which is about as easy to understand as Wall Street’s most advanced high-speed trading networks.

Airline ticket prices are governed by supercomputers employing algorithms that take advantage of dynamic pricing, which means that costs are never fixed. Instead, they rise and fall in response to demand and a host of other factors. Believe it or not, the very same seat on a given flight is typically offered at around 20 different prices. On average, 92% of passengers snag their ticket at some type of discount, although rarely the same one. Why? Apparently this is the best way to maximize profit in a bankruptcy-prone industry where every cent matters—but that’s another column.

I have some good news, however. Just as IBM’s famous *Jeopardy!*-playing (and, eventually, losing) mainframe “Watson” illustrated a few years ago, the machines—no matter how intelligent—aren’t perfect. And they don’t always win. With a little extra knowledge and groundwork on your part, you too can outsmart the system and score rock-bottom deals on a seat, whether you’re booking it last-minute or several months in advance.

How? It’s a lot easier than you think. All you have to do is sit back, relax, and let the airfare deals come to you.

Trunk Archive: Ellwood: Francisco Garcia



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Set your alerts

The Internet is already doing the hard work for you. Two websites, *yapta.com* and *airfarewatchdog.com*, scour the web every day for deals and post them to their sites and social media feeds—so pay attention. I've scored countless deals using the latter, which relies on a team of former travel agents who manually thumb through up to 5,000 fares each day to expose unadvertised price cuts that quietly emerge on the airlines' inventory. You can choose your regular destinations—your hometown, vacation spots, Ibiza—and create e-mail alerts for them. But be sure to use every airport within driving distance as a possible departure point.

"It's a myth that the best fares are from larger airports," says Airfarewatchdog's George Hobica. "Trenton is often cheaper than Newark or Philadelphia, for example."

Also pay close attention to an airline's official social media: @flyfrontier, for instance, offers daily discounts that it shares exclusively via Twitter. JetBlue even has the standalone @jetbluecheeps spreading the word on bargains. "I scan Twitter every morning looking for alerts," says Rob Jackson, a 28-year-old real estate agent and self-proclaimed airline nerd who arguably spends more time at 30,000 feet than your typical professional pilot. "The key is that a lot of these fares are only available for a few hours until the airline's algorithm automatically raises them."

Jackson also advises launching a feed on Twitter for the hashtag "#fatfingerfares." In an industry where digital and analog systems collide, airline employees who manually input the fares generated by supercomputers will often make errors—which travel nerds love to spot. Last year, United accidentally offered a first-class round trip from New York to Hong Kong for \$33. If you'd booked it, you'd have saved about \$10,217 on the regular fare.

Feed the Frankenstein

Here's one kind of deal the airlines don't want you to know about: Frankenstein fares, or what Kayak calls "hacker fares." These occur when you take two separate airlines and yoke them together to create a hybrid round trip called a "Franken trip." Though it seems counterintuitive, buying two one-way tickets on different carriers—such as taking United from Chicago to Dallas, and then using American on the return—can be cheaper than a round-trip on either. These are mostly available on competitive, heavily flown routes, but it's always worth searching for individual legs of your

THE BEST DEALS EMERGE BETWEEN ONE AND FOUR MONTHS BEFORE DEPARTURE.

trip across multiple airlines and doing the math yourself.

Even if you do find a price you like, bear in mind the industry standard of code-sharing. On a given route, two separate companies might have the authority to sell the same seat on the same flight (for example, Delta, which now owns 49% of Virgin Atlantic, code-shares with the British carrier). If you visit each of the airlines' websites to perform the same search, the results may surprise you. When I checked *delta.com* and *virgin-atlantic.com* a few months ago for a Delta flight from New York to London, I had two browsers open simultaneously. The price difference for the exact same seat was around \$200. Bizarrely, Virgin was 20% cheaper.

Always roll solo when purchasing

Even if you aren't traveling alone, always book your seats individually. "It's a pain in the ass, but it can lead to significant savings if you divide your group into individual tickets," says Jeff Klee, CEO of *cheapair.com*. For this you can thank a glitch in the automated fare systems.

Say you're traveling with your girlfriend to visit her family in Arizona and start searching for two seats. Remember those 20 or so different price categories on that computer? Imagine there's one seat left at the cheapest price, \$150, but a dozen or more at the next-cheapest fare, \$200. If you search for two tickets together, the computer can't divide the query; it ignores the single bargain seat and returns a quote of \$200 per person. Search individually, though, and you'll score a \$150 offer for one and \$200 for the other, saving \$50.

Ignore the timing myth

Repeat after me: "There is no best time of day or best day in the week or best week of the month to score the cheapest fares." "There is no silver bullet," says Klee.

According to Klee, airlines open up ticket sales around 11 months before the departure date, and the prices yo-yo unpredictably all the way until takeoff. No matter what you read or hear, the programs claiming to use historic airfare data to predict when prices will rise or fall (like the new Fare Scout app) are virtually worthless. There are so many variables around those prices—weather, traffic, Super

Bowl location—that results will skew wildly.

My bottom-line advice: The cheapest prices rarely surface around the time tickets are released; it's best to start checking for deals between one and four months ahead of the departure date.

Learn the tricks of last-minute booking

If something comes up and you have to book in a hurry, consider redeeming any miles you've earned exactly three days before a flight takes off, which is when airlines release seats they can't sell in the form of bargain mileage tickets. If you're buying on Priceline, where you "name your price" as a bid and risk a convoluted tangle of routes for your cheap trip, George Hobica of *airfarewatchdog.com* advises putting in a bid for 40% less than the cheapest fare you can find on that route elsewhere; it will likely be accepted.

Finally, consider a package of hotel and airfare combined. Though it defies logic, two nights in a hotel alongside a flight could go for half the price of a last-minute stand-alone flight.

But remember, it's good practice to monitor the airfare universe and let the deals come to you. Rob Jackson didn't plan on spending last New Year's Eve in Paris. Then he saw an alert posted by @theflight deal on Twitter and couldn't help himself.

"For years I've heard, 'Oh, you're traveling again,' as if it's an insult," he says. "But I don't feel guilty splurging on an expensive hotel when I paid peanuts to get there." ■

Mark Ellwood is the author of *Bargain Fever: How to Shop in a Discounted World*.



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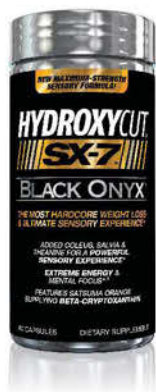
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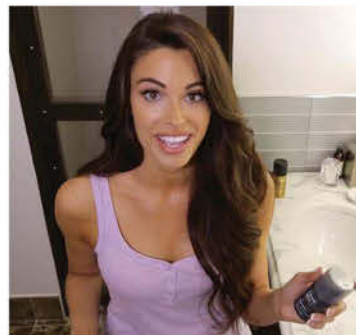
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ONE

4. DAZED AND CONFUSED
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A high-contrast, black and white photograph of a hand wearing a Black Diamond climbing glove, firmly gripping the handle of a Black Diamond Venom ice axe. The axe is positioned diagonally across the frame, with its head pointing towards the top left. The head features a curved, serrated pick and a flat, chisel-like back. The handle is made of a dark, textured material. The background is solid black, which makes the metallic and leather textures of the axe and glove stand out. The lighting is dramatic, highlighting the contours of the glove and the sharp edges of the axe head.

The Black Diamond Venom
ice axe is the sharpest *and* safest
available. Oh, and *look at it.*



Liam Hemsworth may be superhero Thor's real-life brother and super-twerker Miley Cyrus's real-life ex. But that hasn't stopped the deeply talented Aussie actor—who stars as the kick-ass rebellion leader in the final two *Hunger Games*—from taking on the world in his own refreshingly original, surprisingly laid-back way.

BY DAVID KATZ
PHOTOGRAPHS BY PETER YANG

Liam
Hemsworth:
Dawn of a

rebel



T-shirt: DKNY
Khakis: TOMMY
HILFIER
Watch: NAUTICA
Boots: TIMBERLAND
Want it?
See page 158.



“This reminds me of where I grew up,” says actor Liam Hemsworth, 24, working hard to keep his low-key voice audible over the loud waves crashing below the deck of Nobu Malibu.

Then, glancing around at the power diners eating \$34 plates of bluefin toro tartare with caviar, he quickly realizes how that sounded. “Not *Nobu*,” he clarifies. He just meant the coastline. The view of it this evening is clear, sunny, stunning—though most of the other patrons seem too distracted by the scene to notice the scenery. But Hemsworth, wearing a white cotton T-shirt and a short beard that nicely scruffs up his face, sits with his back to the dining room, facing the ocean.

“I grew up on a little island off the coast of Melbourne—a small town, maybe 7,000 people,” he says. “Surfed before school, after school, competitively. We even had surfing as a subject.” He still rides the waves as often as he can. Got out this morning, in fact, and also braved last week’s hurricane-size swells, the biggest L.A. has seen in decades. “I had a good surf last week,” he says. “Smashed my head on a rock.” And that is about as much braggadocio as you’ll get from Hemsworth. “Funny, we get swells like that a lot in Australia, but you wouldn’t have hundreds of people and news reporters on the beach talking about how crazy it is.”

Hemsworth lives in Malibu, just a few miles from here, having relocated a few months ago from Studio City to put a little distance between himself and the Hollywood hubbub. This may sound odd if you’re someone who’s only vaguely familiar with Hemsworth (or who knows him mostly as the younger brother of Chris, 31, who plays Marvel superhero Thor). But for a segment of the public—including teenage girls and those who share their tastes in cinema and gossip sites—he’s one of the biggest stars on the planet.

This is due to his starring roles in two huge franchises: *The Hunger Games*, responsible for more than \$800 million of worldwide box-office sales; and the life of Miley Cyrus, responsible for Hannah Montana and white chicks twerking, whom he dated for five years (more about her later). That personal and professional combo made

him a tabloid obsession, which will only grow when the third *Hunger Games* installment, *Mockingjay: Part 1*, hits theaters this month.

For those unacquainted with the movies or the best-selling Suzanne Collins trilogy on which they’re based (don’t fret, Hemsworth hasn’t read them either), *The Hunger Games* is dystopian sci-fi with a young-adult bent. The audience may be *Twilight*, but the plot is very Stephen King: A poor girl with a knack for archery (Jennifer Lawrence) is forced by the fascistic government to compete against other teenagers in a televised fight-to-the-death tournament. No surprise, it turns out to be pretty bad politics: Movies three and four move away from the games and focus on the rebellion they’ve fomented. (As with *Harry Potter*, the final book of the series has been split into two movies, shot back to back in London last year by director Francis Lawrence.)

A lot of the series’ appeal with young women certainly has to do with the fact that Jennifer Lawrence is unmistakably the indomitable alpha, a role typically played by, well, a dude like Hemsworth. “In the first two movies I’m her at-home love interest,” he says. “The stay-at-home ‘dad’ looking after things when she’s gone.” This meant fairly paltry screen time. But in the final two films, Hemsworth at last helps lead the rebellion and gets to battle side by side with his sweetheart. “I have a lot of tactical stuff and fighting sequences,” he says, clearly stoked to finally inhabit the role of action hero.



Fabric and Knit by
TOMMY HILFINGER
Boots: TIMBERLAND
Watch: CHLOE



Tank:
CALVIN KLEIN
Khakis:
TOMMY HILFINGER
Watch: SZANTO

“Tomorrow doesn’t exist; yesterday is gone. The more I remind myself of that, the stronger I feel.”

FOR SOME ACTORS, GETTING INTO THE PHYSICAL SHAPE REQUIRED for that type of part requires a grueling few months (see *Guardians of the Galaxy*’s Chris Pratt). Not Hemsworth. “I generally don’t do much,” he admits. “I don’t lift weights. I do some body-weight stuff, some high-intensity training, but mostly it’s just boxing.” The head stunt guy on *Games* became a good friend and the two would spar a lot after work. Hemsworth has never used a nutritionist either. “I know where I need to be and I get there,” he says, though he indulges like crazy when he’s not working. Pizza, chips, chocolate, hamburgers. “I just love junk food,” he says. “I gain weight. My brother Chris will be like, ‘What’s up with you, dude? I can see it in your face.’ That’s what’s so weird about this job: When you know you’re not working for another couple of months, what stops you from just drinking and eating everything? Nothing.”

Such is the joy of being 24 and having obviously inherited a pretty good set of genes for the job. Not only were Liam and Chris blessed with leading-man looks, but their older brother, Luke, 35, is also an actor who just came over to the U.S. to shoot the HBO sci-fi pilot *Westworld*. And the clan’s father was basically an action hero minus the acting.

“He raced motorbikes professionally,” says Hemsworth. “My grandma was always completely against him because she thought he was a ‘bikie’—that’s what we call them in Australia, *bikies*.” After one particularly bad spill, his dad gave up racing and moved the family to the ultraremote Northern Territory, where he tried his hand at Australian-style pest control: culling buffalo from a cattle ranch. “I don’t know if you know how to catch buffalo?” Hemsworth asks earnestly. “You get a Jeep and you put car tires on the front, then you come up next to a buffalo and bump him over and tie him up and take him away.”

Eventually the family decided to move closer to Melbourne and finally to Phillip Island, where Liam went to high school. By that point, both of his brothers were acting on long-running Aussie soaps. Chris was on *Home and Away*, also the launching pad for the late Heath Ledger, Liam’s acting hero. Liam followed

oldest brother Luke onto a show called *Neighbours*, on which Russell Crowe got his start. Midway through his final year of high school, Liam quit to act full-time, though he bristles at the term “dropout.” “My mom was a schoolteacher and she wouldn’t have let me drop out unless I had something else to do. I was working, and I’ve been working since.”

When brother Chris decamped to Hollywood, Liam was eager to follow. He’d videotape auditions in Australia and have Chris’s manager submit them. “You don’t expect anything back,” he says. “You’re so far away. At the time, the States was still a fairy tale. It didn’t exist. I’d never even been there.”

That distance shrank a lot when Rocky called him. Sylvester Stallone had seen a tape he’d put down for the first *The Expendables* and reached out personally to offer him the role, a part that was cut in a later draft. That was the first big break that didn’t happen. The second was weirder.

Both Liam and Chris had put themselves up for a Marvel superhero called Thor, and Liam’s tape impressed the studio so much they flew him to L.A. to audition in person. “The fact that Marvel was bringing me over to do that was just massive,” he says. Sure, it might have been awkward if Chris was also in the running, but he’d already been passed on. In fact, it was down to Liam and four other guys—until Marvel rejected all of them, re-auditioned Chris, and handed him a huge life-changing franchise (two, if you count *The Avengers*).

Meanwhile, Liam was in the U.S. on a three-month holiday visa, and time was running out. “My brother got *Thor* and then *Red Dawn*, so I’m celebrating with him,” he says, “and then our manager comes into the room and looks at me and says, ‘You’ll probably have to go home.’ It was kind of awful.”

With just two weeks left before he’d have to go back to Australia “at square one,” he read for *The Last Song*, a sappy love story developed by Disney as a vehicle for 16-year-old Miley Cyrus. Hemsworth, 19 at the time, didn’t know much about the tween idol, and had never listened to her pop tunes. But he got the part and, over a three-month shoot around Savannah, GA, they “fell madly in love.”

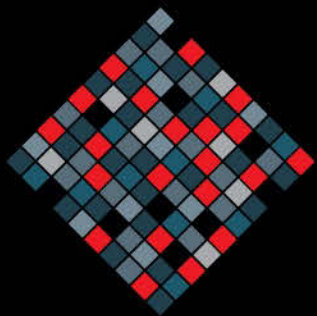
So did the tabloid media and the ubiquitous paparazzi.

“It’s ruthless,” he says. “It’s kind of scary. You want the attention around your work, absolutely, but I don’t think any actor wants *that* kind of attention.” I remind him that plenty of people in L.A.—hell, most of the people in this restaurant—crave any attention they can get. “I’m just talking about sane people,” he concedes, glancing around.

But the attention on their relationship was hard on Hemsworth, who was still adjusting to the spotlight—still is, he

Continued on page 155

BY MICHAEL BEHAR
ILLUSTRATION BY BRYAN CHRISTIE

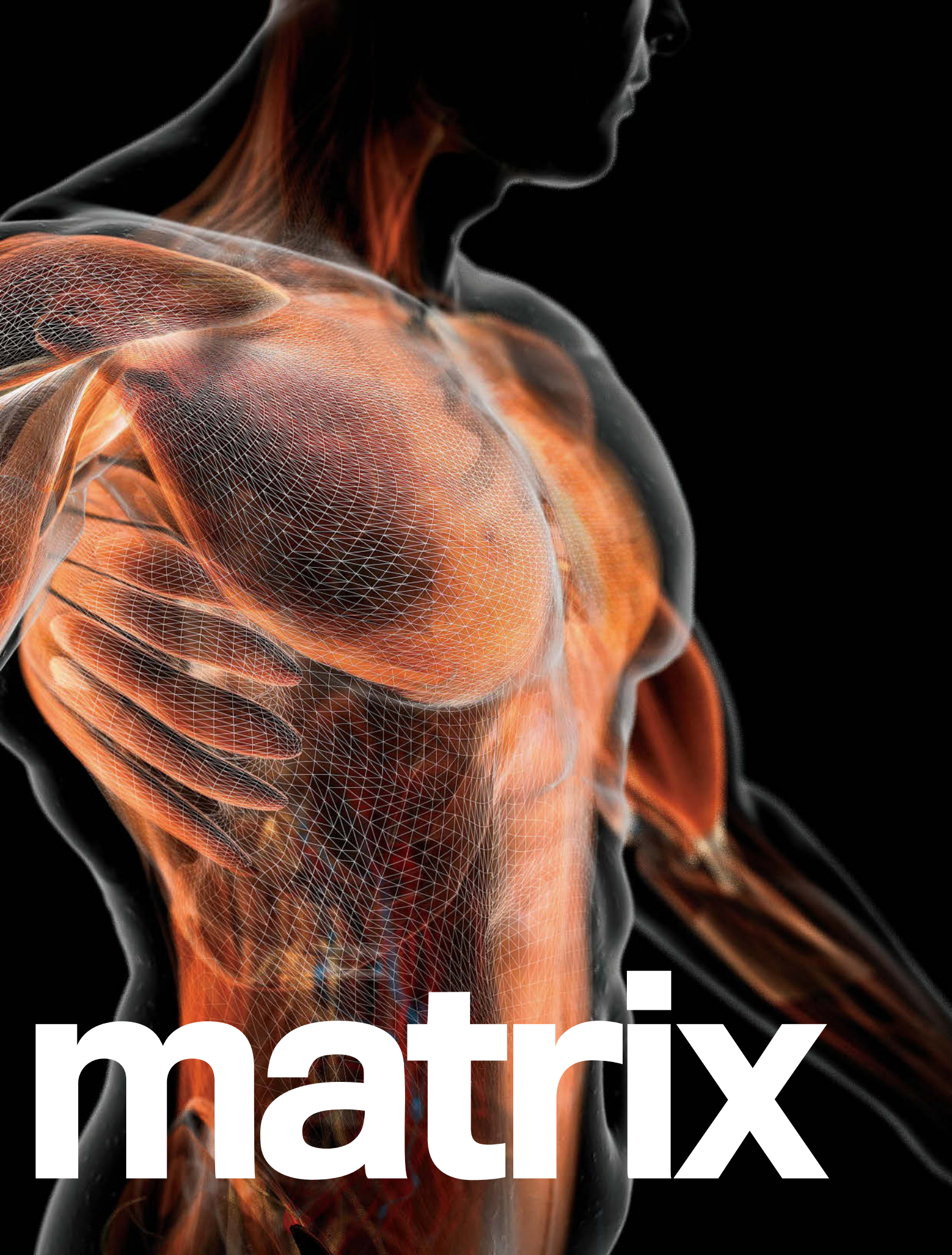


Want huge biceps, six-pack abs, and perfect pecs? Then it's time to rethink everything you think you know about muscle building. Because new evidence suggests that it's not actually your muscles but your connective tissue—the muscle “matrix” that holds your muscles together—that triggers strength and size. The good news? You can exercise it, too.

HARNESS
THE POWER
OF YOUR

muscle





matrix

P

Picture a medieval torture rack for Smurfs.

The device, called a uniaxial tensile tester, is about the size of a shoebox. With long tweezers, a doctoral researcher at the UC Davis Functional Molecular Biology Lab plucks a freshly grown, two-week-old anterior cruciate ligament, or ACL, from an incubator and clamps the ends to anchors on the tensile tester. A USB cable then hooks it to a laptop, allowing the researcher to tweak how hard and fast the tendon gets yanked, and for how long—hours, sometimes days.

While the thought may be horrifying to anyone who's experienced the searing pain of snapping an ACL—it connects your femur and tibia, and is prone to blow out if you play basketball, football, soccer, or ski—thousands of ACLs, cultivated from samples donated by knee-surgery patients, have been torn, twisted, and pulverized with this miniature device. The man behind the mayhem is the lab's director, Keith Baar, Ph.D., a renowned scientist in the emerging field of molecular exercise physiology. Baar is leading a team of researchers attempting to fathom the complex relationship between your muscles and the connective tissue that holds them together.

Your connective tissue consists of tendons, ligaments, and what's known as the "extracellular matrix," a scaffold-like network of fibers that permeates muscle. Scientists have long known that lifting heavy weights produces bigger, stronger muscles—it activates genes and proteins that instruct cells to build more muscle fibers. During that exercise, it was always thought, your connective tissue was limited to a simple mechanical function: transfer force from muscles to bones, or for ligaments, bones to bones. (Picture train couplings between railcars.)

But recent discoveries are revealing that connective tissue does a whole lot more. As it turns out, it plays a crucial role in muscle building, a process called hypertrophy. On top of that, it appears that your connective tissue can be improved with specific exercises and nutrient supplements to profoundly impact athletic performance and strength, and prevent injuries.

"The reality is, if you want to be strong, you need to have not only big muscles, but also really good connective tissue," says Baar.

And any exercise routine that overlooks it, he warns, would be like a workout that only targets, say, the left half of your body.

THE MYTH-BUSTER OF MUSCLE BUILDING

On a sunny August afternoon in California, I walk with Baar across the UC Davis campus to his lab, where things are bustling. A student is hunched over a laptop, squinting at data from an experiment designed to pinpoint which genes instruct muscles to bulk up from weightlifting; another is gloved in latex, handling pea-sized artificial bones made from calcium paste. Baar, 44, svelte in his crisp blue oxford and pressed gray slacks, sports a golden summer tan. "I've been training for the Vancouver Marathon, hoping to qualify for Boston," he says. Baar hardly ever sits. In his office is a chest-high desk designed for working upright. "Every hour I stand it burns 100 calories—that's equal to running six miles by the end of the day."

In his early career, Baar was the strength and conditioning coach for the University of Michigan football team. Today he preaches the benefits of connective-tissue health to trainers with USA Track & Field, British Cycling, Major League Baseball, and the National Basketball Association. His research, along with that of a handful of contemporaries around the world, is using new technologies to learn about the genes and proteins that come into play during exercise, chiefly within muscles.

"Twenty years ago, it was extremely expensive to look at all this stuff," explains Andrew Philp, Ph.D., a professor of physiology at the University of Birmingham in the U.K., who's collaborated with Baar on numerous projects. "Only a couple of labs in the world were doing it." Today, however, once prohibitively pricey tools—machines that analyze scads of genes simultaneously, or isolate single strands of DNA—are accessible to almost anyone doing basic research.

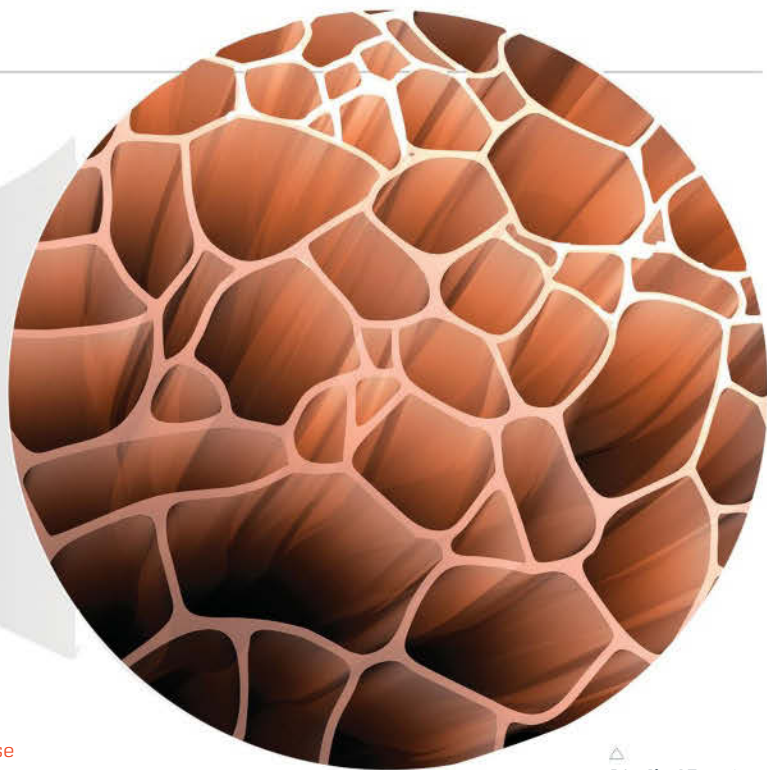
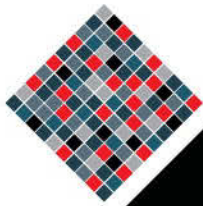
Because of that, "we now know there are thousands of genes relevant to exercise," says Richard Lieber, Ph.D., senior research VP at the Rehabilitation Institute of Chicago, who pioneered techniques for recording gene activity in muscles. Imaging systems have vastly improved, too: With MRIs and PET scans, muscles can be observed relaxing and contracting in real time, even in humans. "We can really visualize what's going on," says Michael Kjær, Ph.D., a professor of sports medicine at the University of Copenhagen and one of the world's foremost experts on muscles.

So, what's all this science telling us?

In part, it's corroborating conventional

Collagen evangelist.
Keith Baar preaches the benefits of robust connective tissue (which builds stronger muscles) to NBA, MLB, and pro cycling athletes.





Your Secret Spotter

Your muscles don't work alone. When they contract during exercise or weight training, your extracellular matrix—a lattice of fibers made of collagen and amino acids that permeates your muscle—bears up to 80% of the force. In other words, when you lift a barbell, the load gets spread across a honeycomb-shaped network that works like suspension cables holding up a bridge. Ultimately, a stronger matrix means stronger muscles.

It's alive! Exercise tears down and rebuilds the muscle matrix—which signals muscles to grow, researchers believe.

wisdom with hard data. For example, bodybuilders have religiously ingested protein and omega-3s immediately after a vigorous workout without really knowing why. Now research has confirmed that this practice can boost new muscle growth by up to 60%.

Breakthroughs are also shattering some stubborn misconceptions. For instance, lactic acid buildup isn't the only thing that makes muscles hurt. Inflammation also contributes to soreness after exercising—and soreness, it turns out, stimulates hypertrophy. The upshot: No pain really does mean no gain.

"Pain is healthy," says Kjær—so much so, in fact, that he warns against taking ibuprofen to alleviate post-workout soreness because it can negate the gains attained from exercise.

But of all the recent breakthroughs, none is more surprising than what molecular exercise physiologists are learning about connective tissue and its crucial role in muscle building. It works like this: Human cells "communicate" with each other by releasing biochemical compounds. When you endurance-train, for instance, these compounds, principally calcium, signal your muscle cells to ratchet up your mitochondria, which then increases your capacity for oxygen and allow you to run faster, for longer. A similar signaling process occurs whenever you lift weights.

But throughout these processes, "we always

thought connective tissue was inert," says Baar. In the mid-2000s, when Kjær—the first to establish a link between robust connective tissue and healthy muscles—and others began recording cell signaling in tendons, they expected silence. Instead they heard a cacophony. And that changed everything.

LIFELINE TO MUSCLE GROWTH

"Connective tissue is alive and has the ability to renew itself!" Kjær whoops enthusiastically into the phone when I call him at his office in Copenhagen. It's as if he's just witnessed a corpse rising from a grave. In a sense he has. Back in 1998, when Kjær, an endocrinologist, began a sports medicine professorship at the University of Copenhagen, "people considered connective tissue not necessarily dead, but not very dynamic either," he says. "It worked or it was broken, and you couldn't adapt it very much with training."

The scientific consensus—and the conviction of pretty much anyone who'd ever done a bench press—was that weight training rendered so-called "micro-tears" in the cells, or myofibers, that muscles are made of; rip them apart, the thinking went, and they responded by beefing up. Meanwhile, the connective tissue that linked the moving parts—bone and muscle—was thought to have negligible influence on muscle size and

strength. "But I didn't really buy this," says Kjær. "There had to be more to it."

Indeed there was. In a series of experiments in 2007, Kjær managed to debunk the enduring notion that micro-tears occur during resistance training by showing that, during exercise, much of what's torn down and later rebuilt in muscles is the connective tissue—specifically the extracellular matrix—and not the muscle itself. Biopsies on test subjects also confirmed that the culprit in muscle soreness was not, in fact, lactic acid or micro-tears in myofibers. "It was the connective tissue that was damaged," says Kjær.

Most surprising of all, Kjær found that a kind of "post-exercise renewal cycle" goes on in connective tissue. His work, along with findings by others, suggests it's this renewal cycle that signals muscles to hypertrophy—that is, to grow bigger. And that's why it's important not to ignore your connective tissue.

FEEDING THE MUSCLE-BUILDING MONSTER

Connective tissue consists almost entirely of collagen, a type of protein. But collagen doesn't act alone. Rope-like amino acids called "crosslinks"—which Kjær compares with the suspension cables on the Golden Gate Bridge—bind the collagen molecules together. This has profound ramifications in the extracellular

GET-BIG FUEL: EATING TO BUILD MUSCLE

MOST GUYS THINK they've cracked the dietary code for larger, stronger muscles: protein with a side of protein. Well, new research—especially on the connective tissue that holds your muscles together and connects them to bone—suggests it's not that simple. Not only is all protein not created equal, but not all carbs are evil, liquid egg whites are an unnecessary evil, oysters are amazingly good for you, and one fish held in high, healthy esteem may actually be terrible for you. ¶ With help from Brian St. Pierre, M.S., R.D., a nutrition coach for Precision Nutrition, we offer the nine new guidelines for stocking a muscle-building fridge and eating away. (Just remember to keep working out.)

BY SEAN HYSON, C.S.C.S.



FOR STRONG, POWERFUL MUSCLES

RULE NO. 1

Fish Carefully

Low in calories and price, tilapia is one of the best-selling fish in the country. But it's usually farmed, and that may pose health risks—a recent Wake Forest University study found that farmed tilapia contains high levels of omega-6 fats, which trigger inflammation in the body. Instead, opt for salmon. Rich in protein and anti-inflammatory omega-3 fats—four grams per ½ fillet—it also provides high levels of more than a dozen different vitamins and minerals, including vitamin D and vitamin B12.

RULE NO. 2

Eat Beyond the Breast

Skinless chicken breast meat is a staple among bodybuilders, but according to St. Pierre, most guys don't realize that the whole bird is fair game. "It's a great source of protein, goes with just about any other kind of food, and is reasonably priced." Just keep in mind: The skin and dark meat contain fat, so adjust your portions accordingly.

RULE NO. 3

Not All Beef Is Created Equal

Sure, top sirloin may be on the expensive side, but you get what you pay for (at least, in terms of health). It has a lot more protein (26 grams in a three-ounce serving) and far less fat than lesser, cheaper, more popular cuts such as chuck or round. But don't worry: The good stuff retains "enough fat to keep it juicy and tasty, but not so much that it outweighs the protein," says St. Pierre.

RULE NO. 4

Save Your Yolks

Stop buying liquid egg whites—now. You're wasting your time. "Whole eggs are some of the most nutritionally dense foods on the planet," says St. Pierre, who argues that the real thing is far better for you than the watered-down stuff that comes in a milk carton. "Real eggs are loaded with brain-boosting choline, and zeaxanthin for eye health." The saturated fat and cholesterol they contain doesn't affect cholesterol levels in your blood.

RULE NO. 5

Forget the Full Paleo, Embrace the Potato

Miles of research suggest that a low-carb diet won't build muscle for long. The energy you need to train and recover from training comes from carbohydrates, and one large potato contains 63 grams' worth—and seven grams of fiber. We recommend sweet potatoes, which are nutritionally dense and jammed with potassium, a mineral essential for muscle health.

RULE NO. 6

Eat Oats for Breakfast

Pre-workout drinks and caffeine have their place, but eating the right carbs can provide consistent, lasting energy throughout the day with no crashing. "One cup of oats provides 166 calories, four grams of fiber, six grams of protein, and eight vitamins and minerals," says St. Pierre. "And it's a slow-digesting carb," meaning it won't cause a big spike in blood sugar and send your energy crashing later.

RULE NO. 7

Always Have Nuts to Snack On

Avoiding fats entirely to save calories is costing you on a chemical level. "Consuming adequate fats is critical for maintaining testosterone levels," says St. Pierre. And the more testosterone you have, the greater your potential to be big and strong. One serving of nuts or nut butter offers 16 grams of healthy fat, "as well as a powerful assortment of phytonutrients and antioxidants to boost your health and recovery."

FOR HEALTHY CONNECTIVE TISSUE

RULE NO. 8

Get Jiggly With It

Jell-O is great for building muscles. (Yes, you read that correctly. And no, we don't think you're 12.) It's composed of gelatin, which is made directly from the connective tissue of animals (the slow-boiled tendons, ligaments, and sometimes bones of cows and pigs). Eating it will boost your own tendons and ligaments.

RULE NO. 9

Mollusks for Muscles

Oysters are a major source of copper, which not only helps build collagen for your connective tissue but also spurs production of lysyl oxidase, which in turn stimulates production of collagen and elastin.

matrix. Without those connections, the muscle would simply fall apart.

When your muscles contract, the crosslinks in the matrix tissue bear up to 80% of the force. In other words, the extracellular matrix—under a microscope it looks like honeycomb—spreads the load and, therefore, helps you engage more of your muscles during exercise. It's only logical, then, that any training you can do to build a healthier muscle matrix will improve your overall performance. But what would this kind of training look like?

In 2008, Baar and Jennifer Paxton, Ph.D., a professor of tissue engineering at the University of Edinburgh's Center for Integrative Physiology, set forth to find out. Their team rigged up ACLs on a tensile tester—the Smurf torture device—capable of tugging 11 ligaments simultaneously. Over three years, they churned through more than 1,000 ACLs. They stretched them for different durations—a minute, five minutes, 10 minutes, a week. They stretched them unloaded (bearing no weight), then loaded. They stretched them fast and slow. They varied the recovery intervals from 30 minutes to 24 hours. After each round, they crushed the ACLs into a powder, then tested to see whether new connective tissue had been produced, and if so, how much.

After years of peering through microscopes and crunching numbers, Baar and Paxton made an astounding discovery: The amount of weight lifted has no impact on connective tissue. In fact, only two variables—duration and recovery—make any difference at all. Baar explains it like this: “Whether you’re lifting a huge load or a little load, your tendons respond the same. The only thing that seems to have an effect is time. Your cells stop responding after about five minutes. It’s like speaking to your kids: If you talk to them for longer than a couple of minutes, they stop processing what you’re saying. We found it took six hours for the cells to reset back to normal.”

He continues, “This tells us that if we want to maximally improve our connective tissue, we have to do five minutes of activity, wait six hours, then do five minutes again.” Practically speaking, you could jump rope for five minutes and then take the afternoon off. The same is true for lifting: light five-minute stints on all your muscle groups gives your connective tissue a rejuvenating thrashing. You can also do Pilates, HIIT, CrossFit, or even basic calisthenics. But whatever method you choose, always use light resistance. If you feel the burn, says Baar, you’re doing too much.

These repetitive motions will ramp up the collagen in both your extracellular matrix and your tendons, the latter becoming thicker and stiffer. And a stiffer tendon is a good thing, like



a bungee cord attached to a kettlebell—a firmer bungee can exert more force on the kettlebell than a stretchy one. “It’s like a spring,” says Baar. “The stiffer the spring, the more energy you get back.”

Baar and Paxton’s research yielded the world’s first basic training protocol for connective tissue: five minutes on, six hours off. But whether it would actually work had yet to be proven.

THE MUSCLE MATRIX HITS THE BIG LEAGUES

On July 21, 2004, Grady Sizemore played his first Major League Baseball game, as center fielder for the Cleveland Indians. During his subsequent eight seasons, he played in three MLB All-Star games and won the Gold Glove twice. In 2006, at just 23, he’d scored more runs than any other player that year, and become the youngest player to rack up more than 90 extra-base hits in a single season.

Then he got injured. Repeatedly. Over a four-year-span, Sizemore underwent seven surgeries—two hernia, one back, an elbow, and three knees. He sat out every game from 2012 to 2014. For his knee surgeries, Sizemore headed to The Steadman Clinic in Vail, CO, known for its progressive techniques and world-renowned orthopedic doctors and physical therapists, including Luke O’Brien, P.T., of the clinic’s rehabilitation program. By chance, O’Brien was introduced to Baar.

Baar told O’Brien that connective tissue and muscle worked systemically—that an injury to one was like an injury to both. Sizemore had

 **Knee deep.** A researcher in the UC Davis Functional Molecular Biology Lab converts proteins harvested from human ACL ligaments into a gel for scientific analysis.

THE PRESCRIPTION
FOR STRONG
CONNECTIVE
TISSUE? A FIVE-
MINUTE ROUTINE
OF LOW-INTENSITY
MOVEMENTS
FOLLOWED BY SIX
HOURS OF REST.

surgery to his knee to repair a bone bruise. But O'Brien now understood that ignoring the supporting tendons would create an inherent weakness—a defective cog in the musculoskeletal machinery—and the player could wind up injured again. “We didn’t treat Grady specifically for a tendon problem,” O’Brien points out. “But the whole process of [rehabbing his knee] allowed the cells enough recovery time to reset, and then reloading him, and doing it a few times during the day, we were doing exactly what Keith had demonstrated.”

The 32-year-old Sizemore recovered. He did a stint with the Boston Red Sox, did a stretch in the minors, then got called back up to play with the Philadelphia Phillies in July 2014. And his seemingly miraculous comeback was largely due to the attention given to his connective tissue. In the six years since Baar and Paxton developed their training protocol for connective tissue—five minutes on, six hours off—Baar has added another component: Speed.

After snapping many more ACLs in his lab, he says, he noticed that “when you move slowly, you train more of your muscle. If you work faster, with a lighter weight, you get a stimulus for the connective tissue.” He’s already putting this new insight to use. During a scrimmage in August, NBA forward Paul George, who plays for the Indiana Pacers, severely fractured the tibia and fibula in his right leg—the splintered bones tore straight through his skin. George’s trainers at the Gatorade Sports Science Institute called Baar. “They asked for advice on how to get him back playing as quickly as possible,” Baar says.

His advice: rapid, low-intensity movements—think: CrossFit for wimps—to bolster George’s connective tissue during his downtime.

OYSTERS, JELL-O, AND A HUNGRY MUSCLE MATRIX

Meanwhile, back in his lab, Baar shows me ACLs marinating in various nutritional liquids. He’s curious which foods might supercharge connective tissue. After a thorough soaking, the ACLs are stretched on the tensile tester until they break. Subsequent analyses inform Baar whether certain compounds influence the formation of collagen and crosslinks.

“Gelatin is a big one,” he says. “It’s pure collagen, made from animal bones.” More accurately, it’s manufactured by slow-cooking the tendons, ligaments, sometimes bones of animals, namely cows and pigs, in vats of boiling water. Another beneficial molecule is lysyl oxidase, which is activated by copper. So what’s packed with gelatin and copper? Jell-O and oysters, respectively. “This is something you’d take 30–60 minutes before activity,” says Baar. Knowing it’s going to be tough to convince athletes to gorge on these foods just prior to exercising, he’s developing supplements instead. “These nutritional interventions we’ve identified should improve your performance.” Baar sums it up: “The result of all this research is that we’re going to have really new ways to increase muscle mass and muscle strength.”

Or, put another way, an athlete with robust connective tissue will be at an advantage because his muscles will be able to do more with less. After all, he’s no longer working out just half his body—he’s targeting the whole machinery.

AFTER HIS SEEMINGLY MIRACULOUS COMEBACK, SIZEMORE WAS CALLED UP TO PLAY FOR THE PHILLIES.

Your “matrix”: reloaded

SCULPTING HEALTHY, well-rounded muscles doesn’t only require that you bomb them with heavy weight. (Though that certainly helps, of course.) New science shows that light sets of low-impact exercises specifically target your connective tissue—tendons, ligaments, and the “extracellular matrix”—and allow for “improved energy transfer to the overall muscles” when you work them out, says Luke O’Brien, a physical therapist at Howard Head Sports Medicine in Vail, CO.

In other words: The stronger and more robust your connective tissue, the stronger your overall muscles. But remember: This collagen-building workout should be considered supplemental training. Do it independently of your normal routine.

BY SEAN HYSON, C.S.C.S.

DIRECTIONS

Perform this workout at least six hours before or after your normal training. For example, if you lift weights at night, complete this routine in the morning. Perform four sets of 15 reps for each exercise, moving slowly so that it takes five seconds to complete each repetition.



1

SINGLE-LEG DEADLIFT

Raise your right leg slightly behind you so you’re standing on your left leg, and bend your hips back. Try to bend until your torso is parallel with the floor, or you’re about to lose your balance. Your lower back should be flat and your right leg in line with your torso. Squeeze your glutes to return to the starting position. Complete your reps, then repeat on the opposite leg. That’s one set.



2

CALF RAISE

Stand on a block or step (hold on to something for support if you need to). Bend your knees slightly and sink your heels toward the floor until you feel a stretch in your calves. Rise back up until you're standing on the balls of your feet. Complete your next set with your knees locked the entire time; alternate sets of bent-knee calf raises and straight-leg calf raises until you've completed four total sets. If the reps feel too easy, hold a dumbbell in each hand.



4

REVERSE LUNGE

Hold a dumbbell in each hand and step backward. Lower your body until your rear knee nearly touches the floor and your front thigh is parallel with the floor. Complete your reps, then repeat on the opposite leg. That's one set.

3

LATERAL BAND WALK

Loop a band around your shins and assume an athletic stance (hips and knees bent) so there's tension on the band. Take a wide step to your left, then bring your right foot in to return to the athletic stance, keeping the band taut. Each step is one rep. Repeat in the opposite direction (that's one set).



5

T PUSHUP

Grasp light dumbbells and get into pushup position with your body straight. Perform a pushup, then row the dumbbell on your right side. From there, rotate your torso to the right, raising your right hand overhead so your body faces 90 degrees to the right and forms a "T" shape. Repeat on your left side.

6

WRIST EXTENSION

Hold a light bar in both hands and sit on the edge of a chair. Rest your forearms on your thighs with palms facing down. Extend your wrists, raising them so your knuckles face the ceiling.



● Does pot make you a better athlete?





Trail blazed.
Denver-based trainer and triathlete Cliff D. relies on a hyperspecific strain of marijuana—and lots of it—when he exercises.

In America's mecca for both endurance training and **legalized marijuana**, one competitive triathlete is challenging the definition of "recreational" drugs

By Frederick Dreier
Photographs by João Canziani

shot on location at riverrock denver north, riverrockcolorado.com

(This Colorado dude certainly thinks so.)



● THE FIRST TINGLE OF THC HITS HIM AS HE'S STRETCHING HIS CALVES.

"I'm locked in," he says, squishing two headphone buds into his ears. "This is going to be a great pace."

The sun hasn't yet risen over Colorado's Front Range peaks, but Cliff D. (who asked not to be named), like many working-stiff triathletes, juggles a career—he's a full-time strength and conditioning coach—with his own training and racing, and that means plenty of predawn workouts. But unlike the other guys circling Denver's Washington Park in the early hours, Cliff has just eaten an energy bar that contains enough marijuana to numb a small elephant. To be precise, the homemade bar was packed with about 30 milligrams of the plant's psychoactive chemical, tetrahydrocannabinol (THC). For a newbie pot smoker, the THC dose would be a knockout punch. For Cliff, that's just breakfast.

Standing 5'6", Cliff, 39, a hardcore athlete and former Division I soccer player who trains upward of 23 hours a week, has a thick chest and lean, muscular arms and legs. A lattice of tattoos peeks from below his sleeves, and his skin is tanned an even olive brown. He regularly completes Olympic-distance triathlons—which comprise a one-mile swim, 25-mile bike, and six-mile run—in a blazing two hours and five minutes. He's won his age group at the South Beach Triathlon, and this year he finished third in his age group at the New York City Triathlon.

This morning, Cliff jogs off to run his warmup, which consists of two easy laps around the park's two-mile loop. Then he completes four sets of one-mile fartlek intervals, which blend fast-paced speed work with recovery-paced jogging. The efforts are designed to ready his heart, lungs, and legs for the blistering 10K run that finishes off the triathlon.

His style is distinct and disciplined: He runs out over his feet with short, quick steps, emphasizing turnover instead of stride length. Each of his sets he completes with methodical precision; each foot strike is a mirror image of the previous one. By the time he's finished, he's drenched in sweat and panting, but grinning from ear to ear. "That was epic," he says, as he extends a high five. His eyes are as big as soup bowls. "I found a guy who was running a 5:50 [per mile] pace and just sat on him. We were flying."

Cliff is affable and even-tempered, and when you're talking to him it's easy to forget that his bloodstream contains a controversial chemical that's fueled billion-dollar criminal empires, been the focus of Drug Enforcement Administration raids, and repeatedly commandeered national politics. But times appear to be changing.

Now legal as a recreational drug in Colorado and Washington State, and as a medical therapy in 21 other states, marijuana is slowly being seen as a socially accepted drug in the eyes of most Americans. According to a

2014 CNN poll, 55% of respondents believe it should be legal. Meanwhile, here in Denver, where pot shops now outnumber Starbucks, the drug's former stigma is long dead and buried. Most Coloradans look upon pot as a weekend fun-enhancer, or a handy substitute for beer.

To Cliff, marijuana is something else entirely: It's a genetically engineered workout supplement—a combined focusing agent for exercise and a pain reliever that numbs his post-workout aches. During a workout, he says, the THC allows him to stay focused on things like his heart rate, or stay motivated during a four-hour bike ride. "My mind is always all over the place, I can get caught up in what's going on around me," he says. "Weed helps me keep my mind focused, if you can imagine that."

Crazy? You decide.

CHRONIC ISSUES

Scientists have long known that THC, the core chemical compound in marijuana responsible for the plant's mind-altering effects, works by concentrating on the receptors of the brain linked to memory, perception of time, and the pleasure of dopamine. In the case of pot, there's plenty of scientific evidence out there to say that's not a good thing—for exercise, or anything else.

This year, in fact, a team of medical researchers from Harvard and Northwestern universities published a landmark study in the *Journal of Neuroscience*, which concluded that marijuana use among young people impacted areas of the brain that regulate everything from emotion to motivation. The study, which focused on 40 young adult students, revealed that THC physically changed the density, shape, and volume of the amygdala and nucleus accumbens areas of the brain. In other words, the research concluded that marijuana may alter the physiology of the brain in potentially harmful ways.

That finding follows decades of public ire surrounding the use of marijuana, which has been roundly derided by doctors and parents alike as something extremely harmful to your health, if not a gateway drug to crack or heroin. Over the years, marijuana has been linked to everything from severe mental illnesses, such as schizophrenia and psychosis, to other problems such as depression, suicidal thoughts, and extreme paranoia.

And that's to say nothing of just the simple state of being stoned. A study conducted in the 1980s by Richard Schwartz, M.D., of the Vienna Pediatric Associates, reported that in a survey of 150 marijuana-smoking students, 59% forgot what the conversation was about before it ended. According to the National Highway Traffic Safety Administration, "The

**"My mind is always all over the place,"
says Cliff. "I can get caught up in what's going
on around me. Weed helps me keep my mind
focused, if you can imagine that."**



more difficult and unpredictable the task, the more likely marijuana will impair [mental and motor] performance.” To echo the 1936 cult classic *Reefer Madness*, marijuana smoking is still a “drug menace which is destroying the youth of America in alarmingly increasing numbers.”

“NOT ALL POT IS CREATED EQUAL”

But Cliff doesn’t smoke pot. And the pot he uses isn’t “regular” pot. Instead, he prefers to eat his cannabis. Or, if he’s pressed for time, he’ll inhale marijuana water vapor from a handheld vaporizer he carries. “It doesn’t burn my lungs like smoke, he says.” He also rubs his fatigued muscles with a lotion that contains cannabidiol, commonly called CBD, a pot extract believed to carry a wide range of therapeutic qualities. Daily, he consumes marijuana in many forms and multiple times.

More important, the marijuana he uses isn’t your run-of-the mill weed, which he says leaves him “stuck on the couch” and “unable to get up.” His pot is essentially a boutique brand purchased at a medical marijuana dispensary. Cliff preaches a concept that’s become something of a cliché in the legalized marijuana culture: Not all pot is created equal. Gone are the days of smoking dry, crumbly leaves from your buddy’s backyard pot plant.

Today, countless marijuana growers genetically cross-pollinate purebred strains into hybrids and sell their pot as a high-end specialty product. Consequently, just as different grapes produce different wine flavors, sellers say, different marijuana strains produce vastly different psychoactive sensations. While one strain may leave you in a comatose state—a term known as “couchlock”—another may make you unable to stop talking. And professional pot reviewers discuss the buzzy sensations in various magazines, online forums, and blogs. As a result, today’s potheads are just as snobby as wine fanatics or craft-beer nerds. And Cliff is probably the biggest pot snob of them all.

After several years of trial and error, he’s found his daily medicine: a marijuana strain he says provides energy and focus, contains CBD, and doesn’t cloud his mind—a sativa-dominant strain called Super Lemon Haze. The Denver-based creator of Super Lemon Haze, Charles Blackton, known in the cannabis world as “The Lemon Man” for his potent strains of lemon-flavored marijuana, says this variety’s genetics come from sativa plants, believed to boost energy and alertness.

But, like most growers, Blackton also cautions that the body’s reaction to the drug varies from individual to individual. “I’ve heard a lot of

similar stories: It gives them focus, it gives them mental clarity, they see pain relief,” Blackton says. “But your own body chemistry plays a role in what it does.”

Whatever the case, when Cliff’s brain echoes with Super Lemon Haze, which he makes into raw vegan fruit-and-nut bars, he says, the distractions simply melt away into the background. When cycling, he feels an amplification of his calf muscles engaging as his foot swings to the top of each pedal stroke, just before his quads and hamstrings push down on the pedal. On a run, he sinks into the beat of whatever he’s listening to—usually a mix of Lady Gaga, Linkin Park, or various house music—then adjusts his pace to the rhythm. “It slows my thought process down so I can evaluate things as they come to me, one at a time,” he claims. “It gives me a beat in my head that I can follow when I run.” While swimming, he visualizes his hand entering the water at a 45-degree angle, catching the liquid, then pulling back to his hip before exiting the water again in one long, fluid motion. “I understand people who don’t want to race high because of the swim,” he says. “But to be honest, there’s nothing better than swimming as high as a kite.”

Cliff argues that his Super Lemon Haze is perfect for endurance exercise, pointing out that athletes frequently rush through their workouts or pay too much attention to the pace clock or their training partners. Swimming, cycling, and running, he says, are sports that revolve around repetitive motion, and thus reward extreme focus and an impeccable, machinelike technique. Taking Super Lemon Haze, he says, dials in his brain.

Cliff’s not alone. A slew of marketers are even promoting various strains of engineered pot as an essential part of an “active lifestyle.” Popular brand Dixie Elixirs & Edibles debuted ads this year featuring kayakers, skiers, and yogis with the tagline: “What kind of Dixie are you?” In San Francisco, ski promoter Jim McAlpine launched his 420 Games—composed of running, cycling, and, yes, Frisbee—to promote healthy marijuana use while exercising.

“Some people drink a few glasses of wine a night, but if you smoke weed, you’re a lazy stoner,” McAlpine says. “There’s no better way than an athletic endeavor to show that we’re not all couch potatoes.”

Yet despite the growing enthusiasm of progressive Colorado-based growers and marketers, and a wave of anecdotal evidence from countless pot users, virtually no research has been done to show

Timeline, from left: Associated Press; Lou Requena/Getty Images; John David Mercer/USA Today Sports; Ross Kinlar/Getty Images; Michael Hall; David Banks/Getty Images; Opposite page: Ironman; courtesy of Cliff D.

PEDs: A Long, Strange Trip

Think marijuana use in sports is far out? Try LSD, rat poison, or your own urine. (These guys did.)
By Kit Fox





From left: Edible marijuana from The Growing Kitchen in Boulder, CO; Cliff at the REV3 Triathlon in Ohio in 2011; cannabis at Denver's River Rock marijuana dispensary.

that new, strain-specific marijuana is healthier or “fitter” than other, more mundane varieties of weed. According to Suzanne Sisley, M.D., a former professor of the University of Arizona with extensive experience working with marijuana, we’ll never know the truth about marijuana until scientists also realize that not all pot is created equal.

“Research that looks at different marijuana strains needs to be done,” she says, “because these could actually be mental performance enhancers for the general population. Strain science right now is based solely on urban legends and what patients tell us.”

VAPING UP WHILE SHAPING UP

As we pull up to Cliff’s Denver gym, in a former garage attached to a skateboard shop, several clients are already warming up for early-morning workouts. Cliff positions the men at various stations around the gym. While ’90s rock blares, the men undergo eight active isolated stretching (AIS) maneuvers before moving on to the main set.

At one station, one of Cliff’s clients, a lawyer, pushes a metal sled back

and forth across the floor. At another station, a wealth consultant tosses a heavy medicine ball up against the wall, while next to him another lawyer uses a rowing machine. The workouts are part of Cliff’s self-titled Functional Intense Training System (FITS), which blends resistance training with high-tempo cardio. “These guys want to be fit and look good, but it’s not like they’re not drinking beer or having a good life,” he says. “I want all my clients to be able to hop in a 10K race, do a sprint triathlon, ski the best powder, or hike up Mount Kilimanjaro.”

The sales pitch is hardly unique within the workout world, but the message resonates with Cliff’s clients. He’s had to cap his client list at 16. As the men finish their workouts, the next client, a founder of one of Denver’s largest marketing and design firms and an innovator in the online music world, pulls up in a black SUV.

New clients are attracted by Cliff’s emphasis on technique, and remain with him because of his energetic personality, says one of his long-standing devotees. “There’s this vitality that oozes out of Cliff,” he says. “He’ll tell you all about his life. There aren’t too many things he won’t talk with you about.”

Marijuana is one of those topics. Cliff says he discloses his own personal marijuana use before working with a new client. After that, he gauges each person’s comfort level with it. If a client is extremely amenable, he may take a vape hit in their presence. If not, he’ll leave the pot talk at home.

Cliff’s final client of the day, a food scientist at a regional chain of organic bakeries, walks in around noon nursing some muscle soreness in his shoulder. Cliff produces a slim black stick from a plastic case. He presses the stick to his mouth, inhales, and blows out a cloud of water vapor. His client also takes a hit off of the vape pen and begins stretching his legs.

“If I’m sober and I hit the pain zone during a workout, I’ll probably bail out,” the client says. “If I’m a little high, I push through.”

As the two men continue their workout, the ’90s playlist advances to one final song. The voice of Sublime’s deceased frontman Bradley Nowell wafts across the gym.

*I smoke two joints in the morning
I smoke two joints at night
I smoke two joints in the afternoon
It makes me feel all right.*

Without hesitation, Cliff swivels around in a chair and points up. “I love this fucking song!” he says. ■



UPPING THEIR GAME

Delving into the hard sciences, in 2008 researchers from the World Anti-Doping Association asked some college lacrosse players to take Viagra, the impotence drug, to examine its effects on physical endurance. Not surprisingly, it turns out that enhanced blood flow—great for Grandpa’s libido—is also great for oxygen-deprived muscles. The blue pill has never been banned, and in 2012 player **Brandon Marshall** claimed its widespread use in the NFL.

NICOLE WILKINSON



• **MOVADO
SE EXTREME**
\$3,995, MOVADO.COM

• If ever a watch achieved the perfect mix of industrial, sporty, and elegant, it's this piece from Movado's SE Extreme collection, with its carbon-fiber face, riveted bezel, and two-tone bracelet.

"When I saw this, I thought, 'Wow, this is an interesting take on Movado's original Museum dial from the late '40s, which is typically very stark, with a single dot on top,'" says watch expert Michael Gordon, store director of Tourneau TimeMachine in New York City. "And the rivets are polished but the bezel is brushed, so it's got pop." The size is worth noting, too: 46 millimeters, which is "really big for Movado," Gordon says.



PHOTOGRAPHS BY
RICHARD PIERCE



You're grinding away at work. Moving iron in the gym. Getting your hands dirty day in and day out. It's time to reward your hard work with a watch that's as tough as you are, like one of these strong steel-banded timepieces.

heavy metal



• **TISSOT LUXURY
POWERMATIC
80 ASIAN GAMES
LIMITED
EDITION 2014**
\$975.
US.TISSOTSHOP.COM

• "Tissot is one of my favorite brands for price and quality," says Gordon. "This good-looking, sporty watch is just under \$1,000 and has a Swiss automatic movement," he explains. Plus, the supersleek limited edition utilizes sapphire crystal (so forget about scratches), stainless steel all over, and a carbon-fiber finish for the face. "All of those components add up to a watch that, at that price point, is just amazing."



• **TAG HEUER
AQUARACER**

\$2,200. TAGHEUER.COM

• "This is a brand-new piece in the Tag Heuer collection," Gordon says of this timeless wear-it-anywhere piece. "You really can go diving with it—but it's also versatile enough to wear in different environments." A new feature being introduced in the Aquaracer: "bezel riders"—raised tabs on the outer ring to protect the crystal from accidental knocks. "In true Tag Heuer form, this is well constructed, the finishing on the bracelet is really nice, and it's got a big date display," Gordon says. "Very functional."





✕

"The founder of Rolex created Tudor," Gordon explains. "So you're getting a watch with Rolex DNA at a great price."



•
**TUDOR HERITAGE
BLACK BAY**
\$3,425.
TUDORWATCH.COM

• This watch takes its inspiration from several of Tudor's diving watches, starting with the 1954 original. "There are a lot of design cues from that famous piece," Gordon says. "It's very easy to read, with large markers and oversized hands so it's legible underwater." And if you're getting Rolex vibes, you're not far off. "The founder of Rolex wanted to create an accessible, luxurious, durable piece, and his answer was Tudor. It's made in a different factory, but of course it's going to share some components and technology. So, you're getting a watch with Rolex DNA at a great price."





**BULOVA
ACCUSWISS**

\$3,700, BULOVA.COM

A fusion of retro style and modern tech, the Bulova AccuSwiss combines '60s design with features like chronograph and GMT, or Greenwich Mean Time, functionality (a stark green hand lets you keep an eye on a second time zone). "The faceted case is 'box-sapphire' crystal-sapphire made to mimic an old-style acrylic crystal, with its curved edge that bubbled up on top of the case," Gordon explains. "So it looks vintage but is also functional." Comfortable, too: Multi pivot points on the marquis bracelet make for an especially natural fit.



•
**CITIZEN
ECO-DRIVE H950**
\$1,300, CITIZENWATCH.COM

•
"Citizen screams technology," says Gordon. "I mean, it's a storied leader for its Eco-Drive solar-powered battery, but this takes it a step further." Eco-Drive comes standard with the H950 (along with a handy power-reserve indicator), but this watch's upgraded time-keeping technology does something we never fathomed an analog timepiece could do: coordinate the exact time and date anywhere in the world via satellites orbiting the earth. "There's atomic timekeeping, which has been out for a while," Gordon says. "But satellite time-keeping is relatively new in the last year and a half."



•
"Citizen screams technology," Gordon says. Like this watch, which can coordinate the exact time and date anywhere in the world via satellites orbiting the earth.

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IF IT'S HARDCORE FITNESS YOU'RE AFTER, CONSIDER TAI CHI OR CAPOEIRA, WHICH EMPHASIZE STRENGTH AND BALANCE.

Is there one martial art that stands apart for promoting a healthy overall lifestyle?

JAMES T., BROWNSVILLE, TX

All the traditional martial arts, including familiar ones like karate and kung fu, are great for you if you embrace more than just board-breaking, says Jack Hoban, a former Marine and a master instructor in Japanese Bujinkan Budo Taijutsu. "They promote mental, psychological, and spiritual health," says Hoban, who advocates investigating those aspects if you really want to change your life.

But yes, he admits—if you're looking mainly to get superfit, styles like capoeira, which incorporates dancing, and tai chi, with its focus on balance and strength training—are probably your best bets.

None stands apart in terms of diet, however. "Japanese martial artists eat Japanese food and Koreans eat Korean food," says Hoban. "If you're American, just eat healthy American food."

Shorts: SUPERDRY
Want it? See page 158.

My dad died of a heart attack while jogging—now I'm terrified of any exercise involving running. Am I being irrational?

LANCE M., DENVER, CO

Not exactly, says Shereif Rezkalla, M.D., a cardiologist at the Marshfield Clinic in Wisconsin, who suspects there are two possible causes for what happened to your father.

"He may have had 'hypertrophic cardiomyopathy,' or a thickening of the heart, which can be transmitted to a son," he says. Another possibility is that he was at "very high risk for

coronary artery disease and developed the heart attack from extreme exertion during exercise. It's best to check with your doctor to measure your cholesterol and blood-sugar levels, and to make sure you're not at high risk for the disease."

So, make an appointment with your M.D. to be on the safe side. But, Rezkalla adds, "Remember that exercise will decrease the risk of heart attacks for most people." So, providing the doc gives you the go-ahead, don't let what happened to your dad keep you away from jogging.

Is there any point to running in a holiday "turkey trot" 5K on the morning before our enormous Thanksgiving meal? Won't the first three bites of turkey and stuffing negate all my hard work?

MACK S., GARY, IN

First off, if you're really hung up on your family binge-fest, relax: Consuming 1,200 calories is a lot better for you if you've just burned 600 calories and jump-started your metabolism. Having said that, there's another, healthier way to think about the whole thing.

"It's all about

attitude," says Matt Fitzgerald, a fitness expert and best-selling author of *80/20 Running*. "The guy who decides the turkey trot is worthwhile is likely to make similar good decisions throughout the year, like saying no to a tempting dessert, or doing a workout in the rain." Trot on!

I'm 35, and I don't like today's new music. Does that make me old? Or does music just suck now?

JAY D., CHICAGO, IL

What you're feeling is completely normal, according to Victoria Williamson, Ph.D., a music psychologist at the University of Sheffield in the U.K. "Studies show that most people prefer the music they listened to in a life period called the 'reminiscence bump'—our teens into our mid-to-late 20s," Williamson says. "Throughout the rest of our lives, we revisit this music for solace, comfort, and energy, to emphasize the good times and wallow in the bad."

In other words, while today's hits "can never take the place of the music that's already become a part of you," she says, if you were a teenager, you might have very different opinions. "New music is the memory palace for the next generation."

The Atlas Fitness Monitor, which goes on sale this month, is supposedly the smartest workout wearable ever to hit the market. True?

STAN P., PLYMOUTH, MA

Atlas promises to go beyond any activity trackers we've seen so far by identifying which exercise you're doing at the gym, then counting every rep in every set, accord-

What's a really nice, affordable wine to bring to a holiday party that will make me look good—but not break the bank?

KAROL D., CHICAGO, IL



■ A good cabernet sauvignon is always a safe bet, and this one from California's Carnivor is not only damn fine but also, at \$15, easy on the wallet. It's a "deep, full-bodied wine with notes of black fruits—blackberry and black cherry," says Nicholas Paris (yes, his real name), the director of wine and spirits education at Napa Valley's E. & J. Gallo Winery. It's also very polished and smooth on the palate, Paris says, which means it's perfect to pair with turkey, lamb, and other winter dishes. And it comes in a handsome, masculine bottle, making it an excellent dinner party gift.

ing to Tom Emrich, a wearable-tech expert and writer for *techvibes.com*.

"That means the wristband will be able to tell the difference between a pushup, a squat, or a biceps curl," he says, "then log this info so you don't have to." This allows you to focus on your performance in the gym rather than waste time scribbling numbers on paper or typing them into an app. "Atlas also has a touchscreen display," he says, "so you'll be able to see your activity in real time and input your weights directly on the device instead of grabbing for your phone."

I want to give an encouraging fitness gift to a friend who—how can I put this nicely?—needs to think about working out. What can I get that isn't insulting?

DOUG S., KANSAS CITY, MO

You may want to reconsider giving

unsolicited fitness "help," even if your intentions are sincere.

"Most 'encouraging gifts' are anything but gifts," says life coach and author Mike Hrostoski. "They send the message that the person isn't good enough just as he is. Yes, he might need to think about working out, but is it your responsibility to tell him that—and possibly risk losing a friendship?" Instead, Hrostoski advises thinking about less-hostile ways to push him in the right direction. For example, mention new fitness discoveries that have worked well for you.

Or go the teamwork route: "We can fail to reach even well-intentioned goals if we try to go at them alone," Hrostoski says. "So ask your friend to be your workout buddy, or create a fitness challenge you can do together." If it sounds like a lot of fun, it just might work.



What's a cool gift I can give my older brother for Christmas?

STEVE O., JACKSON, MS

You can't go wrong with HEOS, a new wireless speaker system developed by upscale electronics maker Denon. According to Justin Schwartz, president of New York's Sage Audio Visual Technology, there are a number of things that make it a super cool gift beyond its ultracrisp sound.

First, it's "expandable" and "scalable," meaning you can buy one or two speakers for your brother to start, and then he can add more later if he wants. (In other words: There's no need to furnish his whole house with sound at once.) Second, it has a free smartphone app, which means he can operate the system remotely. "That's a small thing, but it's nice," says Schwartz.

It also will stream music from services like Spotify or Pandora. And if he wants to play music that's stored on his phone or tablet in his basement man cave, then that's as easy as tapping a few buttons. It'll play wirelessly, or he can jack into the USB port for hardwired fun. So party on.

**IF YOU
WANT MORE
ADVENTUROUS
SEX, DON'T
BE AFRAID
TO STRAIGHT-
UP ASK HER.**

I love my girlfriend, but for me to reach orgasm I need to think of other women while we're having sex. What does this say about me?

CHRIS O., FORT WAYNE, IN

THE SEX PAGE

**THERAPIST
AMBER
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YOUR MOST
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QUERIES**

Is it kosher to have sex with my girlfriend at her parents' house? If so, how do I pull it off?

DAVID T., PHOENIX, AZ

I'd say this really depends on three factors: 1) How comfortable she is with it; 2) How comfortable her folks are with the idea of you two having sex in general; and 3) How long you're staying.

If your girlfriend isn't comfortable having sex in her parents' house, then it's obviously a no-go. If she is, but her parents are born-again types and/or making you stay in different rooms, then keep your snake in its cage till you leave. Of course, if you're staying with the 'rents for a long time, that's sort of the trump card regarding factor No. 2. (Note: Nothing trumps factor No. 1.)

Assuming she's cool with it and her parents won't

castrate you, go for it—as long as you do it quietly. Choose times of day—before you go to bed, before you're out of bed in the morning—to make the act less conspicuous. Disappearing after lunch for a “nap” that turns into a liaison is a tacky move around her family.

So: If the fam won't freak and you can be discreet, then yes, you can have sex with your girlfriend at her parents' house.

My girlfriend only likes sex missionary style. How do I convince her to try other, more adventurous positions?

MARSHALL T., ATLANTA, GA

It's important to find out why your girlfriend likes missionary. Maybe she only likes having sex that's “by the book.” Maybe that's the way she gets off the easiest. Maybe doggy style is uncomfortable because of your size. Or maybe there's

something about that position that feels loving while other positions feel violating.

Don't assume that her preferring missionary automatically means she's not open to being adventurous. Ask your girlfriend straight out what she likes about missionary—then you can figure out with her what other positions might work if you tweaked them.

It's not your job to “convince” her to try other positions, but it is your job to open up the conversation

and figure out how to make your sex life mutually enjoyable.

I'm fine having sex with my girlfriend when she's on her period, but I feel like she's not. What should I do?

EVAN S., JACKSONVILLE, FL

As girls, we're taught to believe that having your period is the most disgusting thing in the world. In high school, if a guy you like knows you're on your period, it's the most humiliating thing that can happen to you. As we get older

we get over some of this BS, but most women are still insecure that a guy would be really grossed out having sex with her while she's bleeding.

The best thing you can do is to explain to your girlfriend that you really, truly don't see it as an issue. Let her know how sexy she is and how much you want her—no matter what's going on menstruation-wise. Make clear that, given the option of no sex or period sex, your vote is an enthusiastic, “Let's get it on.”

KENNETH WILLARDT

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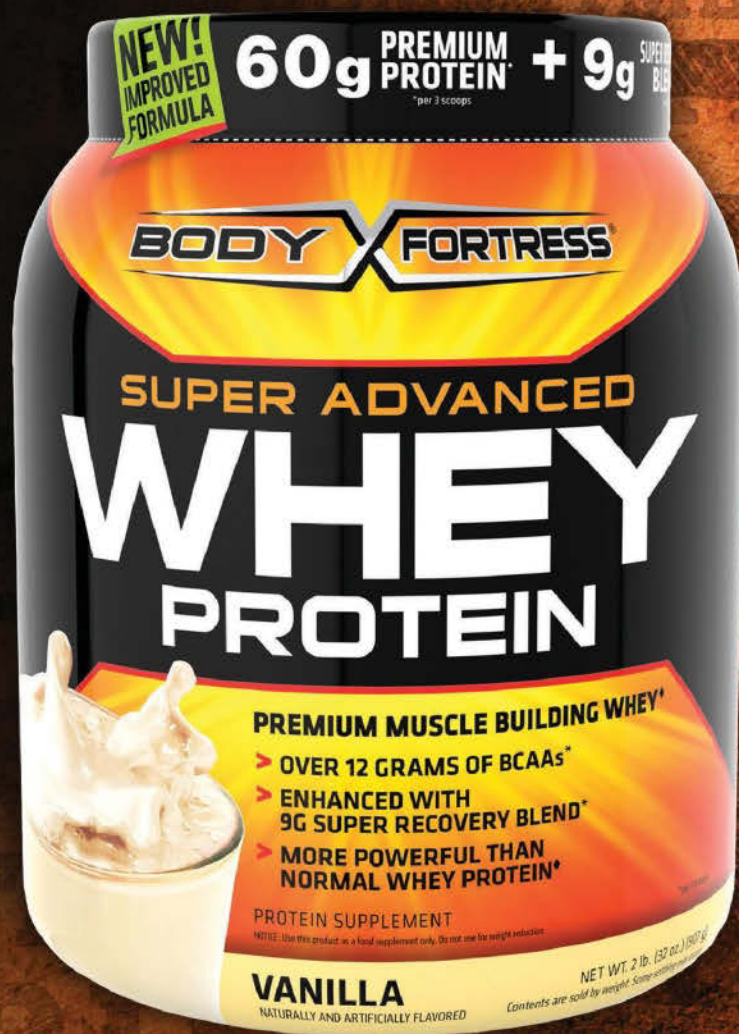
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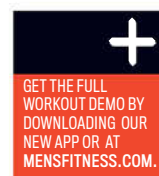
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Food styling by Suzanne Lenzner

SAM KAPLAN



BUILD OUT YOUR CHEST

If you really want to build your bench press, keep your muscles guessing

By Greg Nuckols, C.S.C.S.

Though commonly referred to as “muscle confusion” or simply “mixing it up,” the concept of changing your workouts regularly to ramp up muscle growth actually has a scientific name: “daily undulating periodization,” or DUP.

Studies show that DUP—changing the sets, reps, and loads you use each workout—prevents your body from ever adapting to your training and forces consistent muscle growth. That’s the approach we took this month to unstick your bench press and bulk up your pecs. It’ll set you up for a new personal best in the lift in just three weeks. More muscle, less confusion.

How It Works

To use DUP to increase strength, we’re setting up three different workouts per week. You’ll do a “heavy day,” on which you’ll use heavy weights to stimulate your central nervous system and recruit maximum muscle mass. Then you’ll do a “volume day,” performing multiple sets with lighter loads to build work capacity. Finally, you’ll have a “power day,” when you focus on pushing weights as quickly as possible to help you overcome any sticking points in your bench-press range of motion.

While more traditional programs like linear periodization, which prescribes starting with lighter weights and gradually going heavier over time, remain more popular, research has been showing DUP to be more beneficial. In fact, a University of Arizona study found it to be twice as effective as the linear approach for building subjects’ bench-press strength.

DIRECTIONS

Perform each workout (Day I, II, or III) once a week. (You can do your lower-body training on the days in between.) Complete all sets for one exercise before moving on. Note that the sets and reps for some exercises change weekly.

Day I

1 BENCH PRESS

Sets: 5 Reps: 2, 2, 2, 2, as many as possible

Grasp the bar with hands just outside shoulder width and arch your back. Pull the bar out of the rack and lower it to your sternum, tucking your elbows about 45 degrees to your sides. When the bar touches your body, drive your feet hard into the floor and press it back up.

Use about 80% of your one-rep max weight, and do four sets of two reps. On the fifth set, do as many reps as possible. Increase the weight by a few pounds each week.



2 BANDED PRESS

Sets: 4 Reps: 3, 2, 2, 2

Set up as you did for the bench press but double-loop a band around your arms just behind your elbows as shown. When you lower the bar, the band will stretch and help you lock out your elbows as you complete the lift. Work up to the heaviest weight you can use for three reps, then perform three more sets of two reps with that same load. Add five pounds to the load every week.



PRESSING WITH A BAND STRENGTHENS YOUR ABILITY TO LOCK OUT YOUR ELBOWS.

Styling by Mindy Saad/Celestine Agency:
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3 ▷ BENTOVER ROW

Sets: 4 Reps: 6

Grasp the bar with an overhand grip, hands shoulder-width apart, and let the bar hang in front of your thighs. Bend at the hips and lower your torso until it's nearly level with the floor. Bend your knees a bit to take tension off your hamstrings. Squeeze your shoulder blades together and pull the bar to your belly.



4 ▷ PULLUP

Sets: 4 Reps: 6-8

Hang from the bar with hands shoulder-width apart and palms facing away from you. Pull yourself up until your chin is over the bar.



5 ▷ DUMBBELL CURL

Sets: 4 Reps: 6-8

Stand holding a dumbbell in each hand. Curl the weights up, keeping your upper arms at your sides.



6 ▷ LYING TRICEPS EXTENSION

Sets: 4 Reps: 6-8

Lie on a bench holding an EZ-curl bar. Raise the bar over and slightly behind your head so you feel a stretch in your triceps when you bend your elbows. Lower the weight behind your head and, without moving your upper arms, extend your elbows to lockout.



IF THIS MOVE HURTS YOUR ELBOWS, TRY IT WITH DUMBBELLS, PALMS FACING EACH OTHER.

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Day II

1 BENCH PRESS

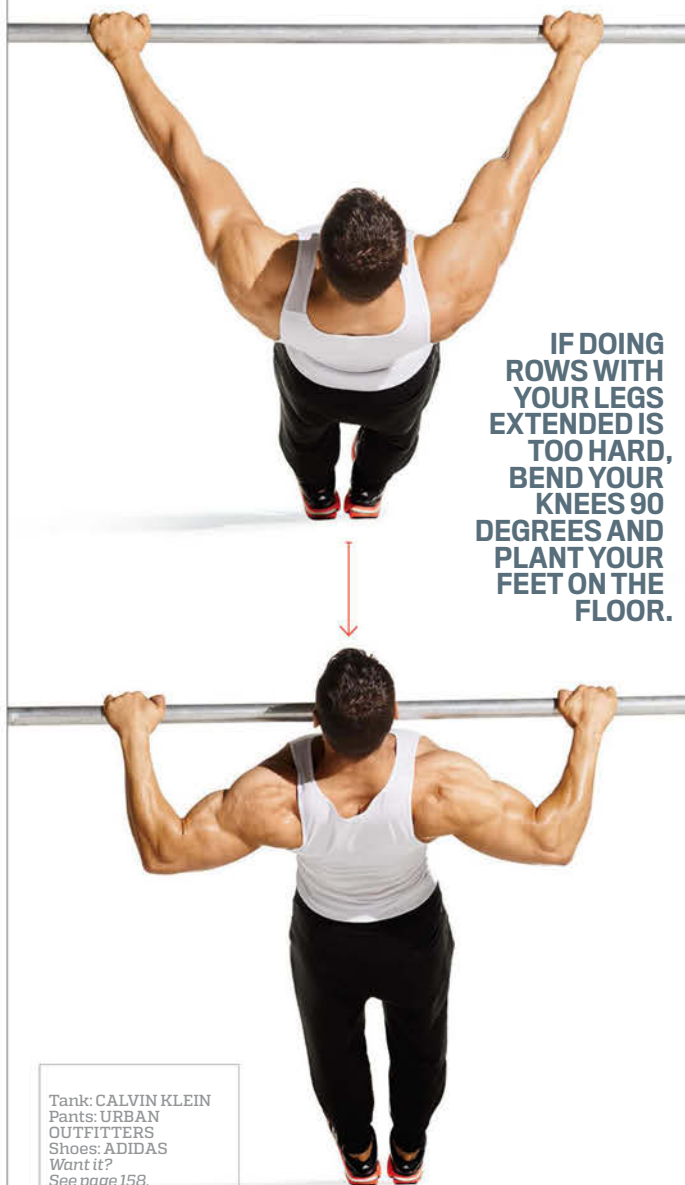
Sets: 4 Reps: 8

See Day I. Use about 60% of your max weight and perform four sets of eight in Week 1. In Week 2, do four sets of 10; in Week 3, do four sets of 12. Use the same load each week. In Week 4, start the cycle again with a heavier weight.

2 INVERTED ROW

Sets: 3 Reps: As many as possible

Set a barbell in a power rack (or Smith machine) at about hip height. Lie underneath it and grasp the bar with hands outside shoulder width. Hang from the bar so your body forms a straight line. Squeeze your shoulder blades together and pull yourself up until your back is fully contracted.



Tank: CALVIN KLEIN
Pants: URBAN
OUTFITTERS
Shoes: ADIDAS
Want it?
See page 158.

3 PUSHUP

Sets: 3 Reps: As many as possible

Place your hands on the floor about shoulder-width apart. Brace your core, and hold your body in a straight line from head to toe. Lower yourself until your chest is an inch above the floor. Push back up.



4 DUMBBELL FLYE

Sets: 4 Reps: 15

Lie on a flat bench with a dumbbell in each hand. Keep a slight bend in your elbows and spread your arms wide, lowering the weights until they're even with your chest. Flex your pecs and lift the weights back to the starting position.



5 LYING TRICEPS EXTENSION

Sets: 4 Reps: 15

See Day I.

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Photo courtesy of Mike Wiegeler Helicopter Skiing

6 ▷ LATERAL RAISE

Sets: 4 Reps: 15-20

Hold a dumbbell in each hand, with your arms at your sides. Brace your core and raise your arms out 90 degrees, keeping a slight bend in your elbows.



7 ▷ BENTOVER LATERAL RAISE

Sets: 4 Reps: 15-20

Bend your hips back until your torso is level with the floor. Squeeze your shoulder blades together and raise your arms out 90 degrees.



8 BARBELL CURL

Sets: As many as needed
Reps: 50, 75, or 100 total

Hold an empty barbell with hands shoulder-width apart. Keeping your upper arms at your sides, curl the bar until your elbows are fully flexed. If your current bench-press max is less than 200 pounds, perform 50 total reps, taking as many sets as necessary to hit that number. If you can bench 200-300 pounds, perform 75 total reps. If you can bench 300 pounds or more, perform 100 total reps.

9 LYING TRICEPS EXTENSION

Sets: As many as needed
Reps: 50, 75, or 100 total

See Day I. Perform 50, 75, or 100 total reps according to your bench max, as you did for the curl, above.

Day III

1 ▷ CLAP PUSHUP

Sets: 5 Reps: 2

Get into pushup position. Lower your body until your chest is an inch above the floor, then explosively press your body up so it comes off the floor and you can clap in midair.

2 BENCH PRESS

Sets: 6 Reps: 3

See Day I. Perform six sets of three reps in Week 1, using 70% of your max weight. In Week 2, do eight sets of three, and in Week 3, 10 sets of three. Begin the cycle again in Week 4 with 2½-5% more weight.



BEGIN THE NEXT REP OF THE CLAP PUSHUP WITH THE MOMENTUM FROM THE PREVIOUS ONE. DON'T RESET.

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REVOLUTIONARY
FORMULA



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CLEAR MUSCLE™ is a novel, never-before-produced supplement that supplies a revolutionary musclebuilding compound called BetaTOR™, which is a unique, cutting-edge metabolite and free acid derivative of leucine and HMB. This one-of-a-kind compound puts the body in a perfect state to build muscle. There is no other supplement like this, and it's exclusively available to MuscleTech® in a clear liquid pill. Research results from the University of Tampa were more impressive than any other studied performance-enhancing supplement in sports nutrition history – including protein, creatine and BCAAs! To maximize your results, use the exact same training protocol as the subjects in the 12-week study. Get it now at: muscletech.com/trainhard. Buy **CLEAR MUSCLE™** today!

MUSCLETECH.COM



See what people are saying about **CLEAR MUSCLE™**. Watch the videos on youtube.com/user/TeamMuscleTechVideos and join the conversation by uploading your own **CLEAR MUSCLE™** review.

This stuff is great. I've been taking this for almost a month and have gotten stronger in almost all of my training! I added 6 pull-ups to my max and surprisingly increased my 1-rep max for squats.
– **jdsnyds**, Hermosa Beach, CA

*After taking **CLEAR MUSCLE™** for about a month, I improved my muscular physique. I got stronger in the weight room and on the basketball court. My recovery has improved as well, but most noticeable was my strength increase.*
– **boydenbody**, Los Angeles, CA

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Individuals received free samples.

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3 ▷ MUSCLE SNATCH

Sets: 5 Reps: 5

Grasp the bar with hands double-shoulder-width apart. Squat down behind it with feet hip-width apart and the bar against your shins. Keeping your lower back in its natural arch, extend your hips to begin standing as you pull the bar off the floor. When it reaches pants-pocket level, explosively jump and pull the bar up in front of your body. Allow the momentum to carry it up overhead, then extend your elbows to lock it out.

THE MUSCLE SNATCH DOESN'T REQUIRE THE PRECISION TECHNIQUE OF OTHER OLYMPIC LIFTS. JUST MUSCLE IT UP.

4 ▷ ONE-ARM DUMBBELL ROW

Sets: 5 Reps: 10 (each side)

Hold a dumbbell in your right hand and place your left knee on a bench. Brace your body by placing your left hand on the bench as well. Draw your right shoulder blade back and row the weight up to your side. Repeat with the other arm.



DON'T ROTATE YOUR BODY AS YOU ROW. KEEP YOUR SHOULDERS LEVEL.



5 ▷ DUMBBELL PUSH PRESS

Sets: 3 Reps: 8

Hold dumbbells at shoulder level and dip by bending your knees; as you come back up, use the momentum to help you press the weights straight overhead.

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OUR NAME YOUR PRICE TOOL WOULD BE YOUR
FIRST-ROUND DRAFT PICK.
YOU'D ALSO BE WEIRDLY INTO INSURANCE.**



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A SAY IN WHAT YOU PAY.**



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IT WILL LEAVE YOU BREATH- LESS

INSANE MIND ALTERING ENERGY[†]



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.



UNSTOPPABLE ENERGY



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payback time

Reward your body—and maximize your muscle gains—post-workout with these five powerful, protein-rich meals

By Tricia Williams and LC Harrell

Research has consistently shown that consuming protein and carbs after a weight-training workout can speed recovery and optimize muscle gains.

But the so-called window for this nutrition doesn't necessarily close within an hour (or even two or three hours, it turns out), as popular bro-science would have you believe. According to a 2013 review, consuming a protein-rich, whole-food meal eaten up to six hours after a workout is sufficient to maximize gains, the *Journal of the International Society of Sports Nutrition* reported.

Whip up any of the following high-protein, nutrient-dense meals in the hours following your workout, and rest assured you're getting the most out of your training.

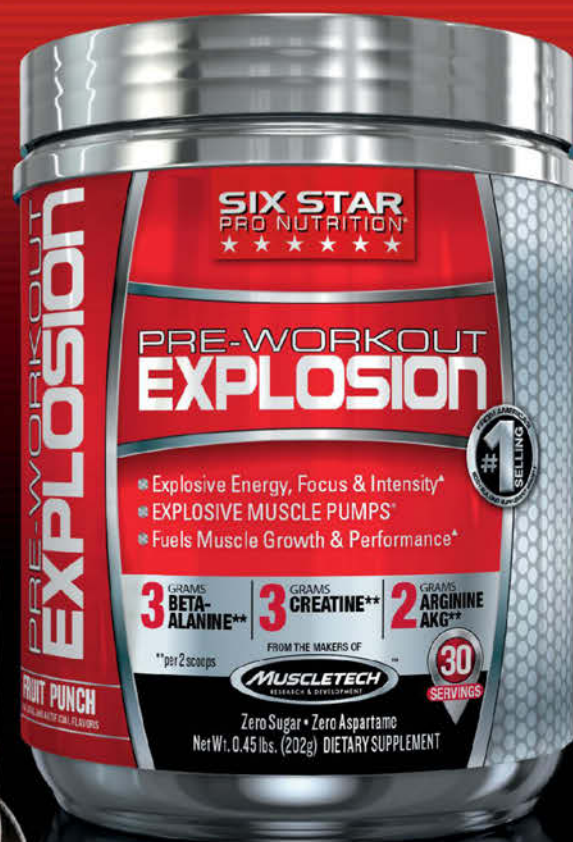
Bar none.
Making your own protein bars lets you control their quality.



Food styling by Suzanne Lenzler


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¹MuscleTech® is America's #1 Selling Body Building Supplement Brand based on cumulative wholesale dollar sales 2001 to present.

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Available at
Walmart 



Use your noodle.
Pasta made from brown rice is gluten-free and more easily digested.

SALMON & BROWN RICE PASTA WITH KALE PESTO

MAKES: 4 SERVINGS

INGREDIENTS

PESTO

- 2 cups packed torn kale leaves, stems removed
- Sea salt, to taste
- 1 tbsp olive oil
- 1 tsp miso paste
- 1 clove garlic, chopped
- 1 tbsp nutritional yeast
- Black pepper, to taste

SALMON

- 2 6 oz skinless salmon fillets
- Sea salt and black pepper, to taste
- 1 tbsp lemon zest
- 1 tbsp coconut oil

PASTA

- 8 oz brown rice pasta, spaghetti style
- 1 cup cherry tomatoes

DIRECTIONS

FOR THE KALE PESTO

- 1) Bring a pot of water to a boil and add kale. Cook 30 seconds, then transfer kale to a bowl filled with ice water and let sit for a minute. Drain in a colander.
- 2) In a food processor, combine kale leaves, salt, and olive oil. Pulse 10–12 times, or until finely chopped. Scrape down sides of processor, add miso, garlic, nutritional yeast, and pepper, and pulse until well combined.

FOR THE SALMON

- 1) Preheat oven to 425°F. Season salmon fillets with salt, pepper, and lemon zest.
- 2) Place a nonstick, oven-safe pan over high heat and add coconut oil. Once oil has begun to shimmer, place salmon fillets in pan and cook 1 minute each side, or until golden brown.
- 3) Move pan to oven and cook 4–5 minutes for medium-rare.

FOR THE PASTA

- 1) Cook pasta according to package directions.
- 2) Rinse the cherry tomatoes.
- 3) When pasta is cooked, toss with kale pesto and tomatoes. Serve pasta with salmon.

NUTRITION (PER SERVING)

375 calories, 15g protein, 59g carbs, 10g fat

ALMOND BUTTER POWER BARS

MAKES: 8 SERVINGS

INGREDIENTS

- ½ cup almond butter
- ½ cup honey
- 1 cup rolled oats, toasted
- ½ cup puffed brown rice cereal
- ¾ cup puffed quinoa or millet
- ½ cup almonds, sliced
- ½ cup dried cranberries,

cut into threads
Pinch sea salt

DIRECTIONS

- 1) Grease an 8-inch square pan with cooking spray and line with parchment paper. In a small saucepan, heat the almond butter and honey together over low heat for three minutes or until thoroughly melted.

- 2) In a medium bowl, combine oats, cereal, quinoa or millet, almonds, dried cranberries, and sea salt. Pour the honey mixture into the dry mixture and stir until well combined. Transfer into pan.

- 3) Wet your hands and press the cereal bar mixture down until it's flat and even. Let it set in the refrigerator for

at least one hour.

- 4) Remove the mixture from the pan—it should be a solid sheet—and cut into 2-by-1-inch bars.

NUTRITION (PER SERVING)

265 calories, 7g protein, 34g carbs, 13g fat

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PACKED WITH ELECTROLYTES, COCONUT WATER IS NATURE'S GATORADE.



MINT CHIP SHAKE

SEE PAGE 123
MAKES: 2 SERVINGS

INGREDIENTS

- 1 cup coconut water
- 1 cup almond milk
- $\frac{3}{4}$ cup ice
- 1 tbsp cacao nibs
- 8 fresh mint leaves
- 2 scoops chocolate whey protein

DIRECTIONS

- 1) Place coconut water, almond milk, ice, cacao nibs, and mint in a blender. Mix on high speed until smooth.
- 2) Add the whey protein and blend for 45 seconds. Drink immediately.

NUTRITION (PER SERVING)

501 calories, 30g protein, 17g carbs, 36g fat

Squash your carbs.
Spaghetti squash contains just 10 grams of carbs per cup.

SPAGHETTI SQUASH EGG BAKE

MAKES: 2 SERVINGS

INGREDIENTS

- $\frac{1}{2}$ spaghetti squash
- 1 tbsp coconut oil
- $\frac{1}{2}$ sweet onion, diced
- 1 cup baby spinach
- 1 cup quinoa, cooked
- 4 eggs, whisked

DIRECTIONS

- 1) Preheat oven to 300°. Cut spaghetti squash in half and scoop out seeds. Place half squash cut-side down on a baking sheet. Bake for 20–25 minutes.
- 2) While the spaghetti squash is cooking, place a large sauté pan over medium heat and

add coconut oil. Add onion and cook until translucent. Add baby spinach and cook for 2 minutes. Remove from heat and let cool.

- 3) Take spaghetti squash out of the oven. Use a fork to remove the threads of squash and place them in a bowl. Add the spinach and onion mixture and the

quinoa and mix. Pour in egg mixture.

- 4) Transfer mixture to baking sheet, spreading it evenly. Bake 45 minutes.
- 5) Remove from oven. Let cool and cut into two squares.

NUTRITION (PER SERVING)

326 calories, 16g protein, 27g carbs, 18g fat

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Branch out.
The more colorful your meal, the more diverse its nutritional profile.

GRILLED SKIRT STEAK, COLESLAW, AND BROWN RICE TORTILLAS

MAKES: 4 SERVINGS

INGREDIENTS

FOR THE COLESLAW

- ¼ cup fresh lime juice
- 1 tbsp maple syrup
- ½ head red cabbage, thinly shredded
- 1 large carrot, julienned
- ¼ cup cilantro leaves
- Sea salt and black pepper, to taste

FOR THE STEAK

- 2 lb skirt steak
- 1 tbsp grapeseed oil
- 1 tbsp sea salt
- 2 tsp coarse-ground black pepper

FOR THE TORTILLAS

- 4 brown rice tortillas
- 1 tbsp olive oil
- Sea salt, to taste
- 1 jar chimichurri sauce

DIRECTIONS

- 1) Combine all coleslaw ingredients in a bowl and season to taste with salt and pepper. Let stand 10 minutes.
- 2) Pat steak dry with paper towels, then rub with grapeseed oil. Rub both sides with salt and pepper. Place a cast-iron skillet over high heat.
- 3) Place the steak on the hot skillet and sear for 3 minutes per side. Transfer to a cutting board and let stand 5 minutes. Slice the steak thinly.
- 4) Preheat oven to 400° and place tortillas on a baking sheet. Brush tortillas with olive oil and bake until crispy (about 5 minutes). Distribute steak among tortillas. Spread chimichurri sauce over the meat and then top with coleslaw.

NUTRITION (PER SERVING)

1,013 calories, 65g protein, 41g carbs, 64g fat

MIXED WHOLE-FOOD MEALS EATEN AFTER TRAINING HELP YOU RECOVER AS WELL AS SHAKES DO.

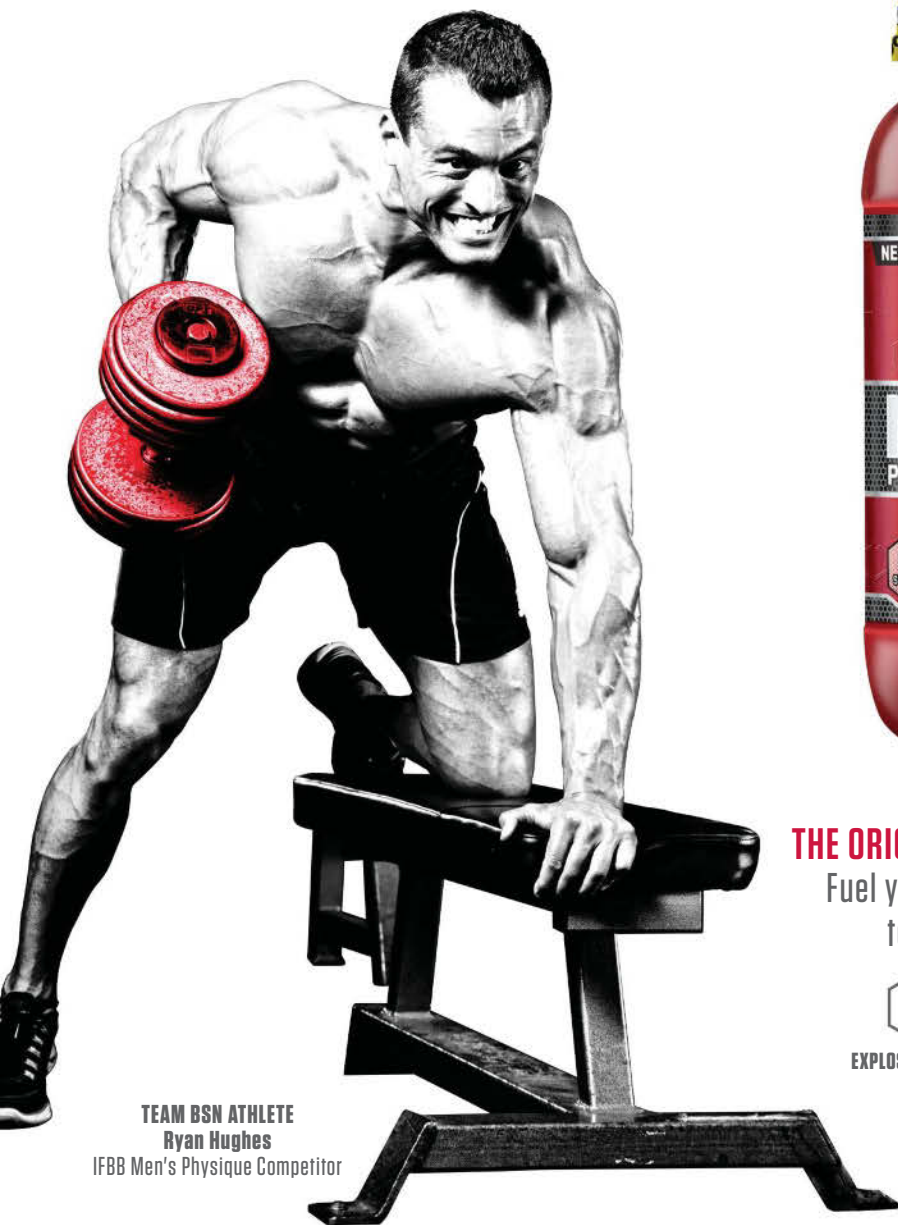
Tricia Williams is the founder of Food Matters NYC, a nutrition-focused food service in New York City. foodmattersnyc.com

SAM KAPLAN



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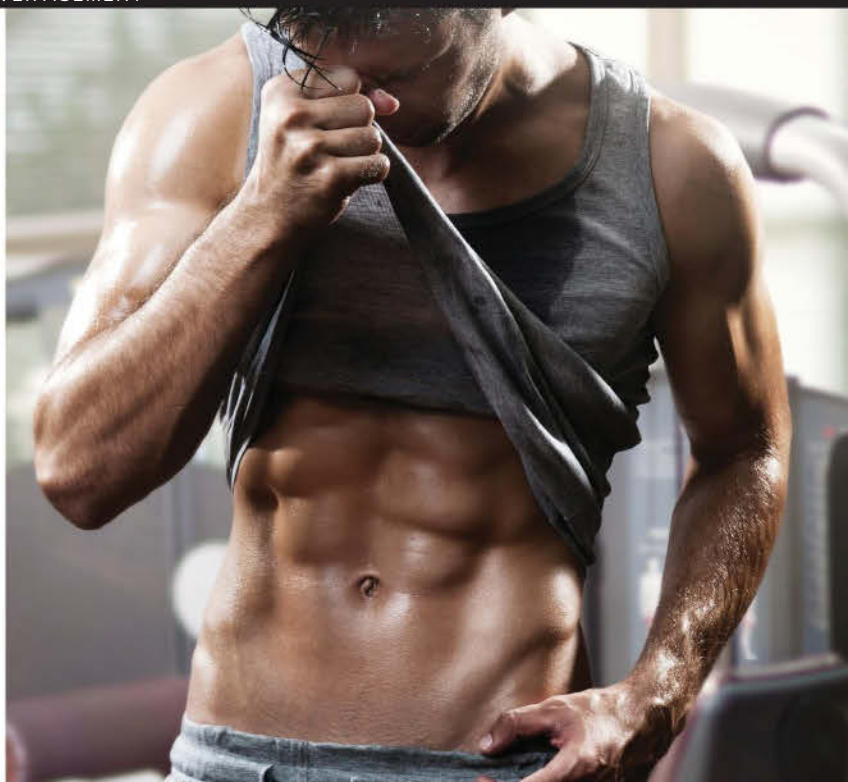
NOX-RH1 ©2014 BSN® For best results supplements should be taken as directed over time, at maximum dosage in conjunction with a healthy diet and regular exercise program. Results may vary.

HOW MEN DEFFY AGING

**TURN IT AROUND:
MAINTAIN VITALITY,
INCREASE PERFORMANCE,
AND BUILD MUSCLE MASS**

By Mike Butler, CSCS

You eat clean and hit the gym. But, something has happened that you can't put your finger on. Take a closer look... your energy levels are down, your sex drive has decreased, and your clothes have become tighter. You may be experiencing low levels of testosterone. Testosterone levels peak during teen years and early 20s. Once you hit 30, the levels start to drop by 1.6% per year, but you need healthy testosterone levels for potency, libido, energy, and overall performance.



■ There are two types of testosterone in the body: **free** and **bonded**. Bonded testosterone connects to protein globulins and albumins, but does not produce any positive effects compared to free testosterone.

Free testosterone effortlessly binds to androgen receptors to:

- ✓ **Create a higher sex drive**
- ✓ **Increase muscle mass**
- ✓ **Reduce body fat**
- ✓ **Enhance your performance in the gym**

A TESTOSTERONE BOOSTER CAN ASSIST IN ACHIEVING THOSE DESIRED EFFECTS BY MAXIMIZING THE BLUEPRINT OF MANHOOD.

Testosterone boosters DON'T contain testosterone. Instead, they're composed of ingredients that help support the natural production of your body's testosterone levels. Unfortunately, testosterone aids have been misconstrued in the media thanks to some athletes. To clarify, the version of testosterone you hear causing all the problems is

synthesized in a lab, illegal, and 10-100 times the levels of what doctors prescribe for individuals with medical problems. The types of products that can be found at your local GNC contain natural ingredients, with nothing illegal. One that's really set itself apart thanks to the serious clinical research (done on humans, not lab rats) backing it is TestroVax by Novex Biotech. This t-booster contains a highly specialized compound clinically verified to increase serum testosterone levels by an incredible 42.1%*... in just 12 days.

In the study on TestroVax's key compound, a group of 43 men were divided into two groups: 1) the functional TestroVax compound group and 2) a placebo group. All subjects consumed their test product every morning at breakfast for 12 consecutive days, and blood samples were taken before use, after 6 and 12 days of use, and 3 days after stopping use. All blood samples were drawn between 9:30-10:30 a.m., a time of day when serum oscillations of testosterone are at their minimum.

Results showed that serum testosterone levels in the experimental group were significantly increased compared to those of the placebo

group over the course of the study, wherein the key compound in TestroVax led to a 42.1% increase in testosterone after 12 days of use. Interestingly, 3 days after the suspension of use, testosterone was still increased significantly compared to baseline in the experimental group, showing a lasting effect.*

Increased testosterone levels are associated with enhanced performance in the gym, muscle mass growth, weight loss, increased energy and a fired up libido, so pick up TestroVax at your local GNC and take three tablets each morning with breakfast. Note: If you are under 30 and have sufficient testosterone levels, TestroVax is not recommended for you. Taking a t-booster like TestroVax when your levels are adequate can compromise testosterone production. Resistance training and a balanced diet can aid in maintaining t-levels for those who are eligible to take TestroVax. Available at GNC and Vitamin Shoppe. For more information visit www.TestroVax.com. ■



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Individual results will vary. All trademarks are the property of their respective owners.

42.1% INCREASE. JUST SAYIN'



12 DAYS. It only took that long for study subjects using the functional compound found in Novex Biotech's TestroVax™ to experience an average 42.1% increase in their serum testosterone levels. That kind of increase just might make you feel like a teenager again. And what will it make you in the gym? Unstoppable. Stack it with Growth Factor™-9 for an increase in natural HGH levels up to 682%. If you're serious about transforming your body, start with the best. Go online to learn more about the science behind the performance!

NovexBiotech.

HUMAN TESTED. ATHLETE APPROVED.

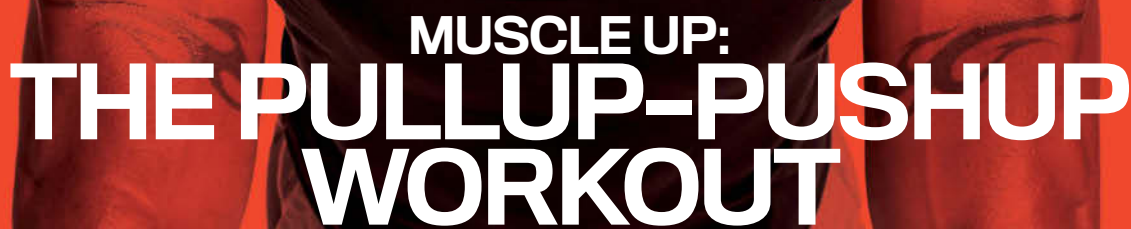
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Growth Factor-9 is protected by U.S. Patent Numbers: 8,551,542; 8,715,752; 8,722,114; 8,734,864; 8,747,921; 8,765,195 and 8,747,922.



MUSCLE UP: THE PULLUP-PUSHUP WORKOUT

Lock down a great upper body with the only two exercises it really needs

BY BEN BRUNO

Army bases, city parks, church gyms, and state prisons are full of guys with wide shoulders, thick backs, and big chests and arms.

And if you asked them what they do to achieve this look, you'd always hear the same answer: pullups and pushups. These simple, timeless exercises work the entire upper body and can be performed virtually anywhere. This month we'll show you how to take full advantage of these moves, and some of their most effective variations, to build your back, arms, chest, and shoulders—no weights, or jail sentence, required.

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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

BPISPORTS.NET

How It Works When you do a pullup, you engage your lats, mid-back, rear delts, biceps, forearms, and core. Pushups train your chest, shoulders, triceps, and core. So between these two movements, you've got the whole upper body covered.

Another benefit of body-weight training is that it's low-impact. As a result you can train more frequently than if you were using heavy weights, and the more often you work out, the greater your potential to build muscle.

The only caveat to high-frequency training is the risk of overuse injuries, but you can avoid those by changing up your exercises so you don't recruit the same muscles the same way every time. That's why each of the workouts on these pages pairs up a different variation of the pullup and pushup.

DIRECTIONS

Perform each workout once a week, resting a day between sessions. Perform the exercises marked "A" and "B" in alternating fashion: You'll do one set of A, rest 1-2 minutes, then one set of B. Rest and repeat until all sets are complete.

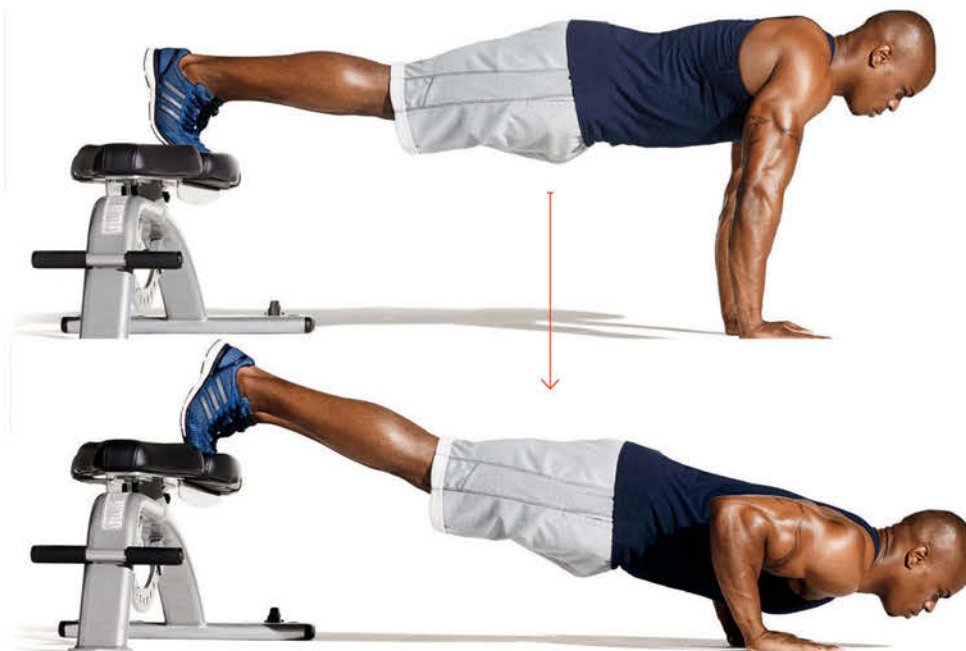
On days between workouts, you can perform lower-body training. Or squeeze some leg training in after the pullups and pushups on up to three of the workouts we've provided. Do not do any additional upper-body training.

Day I

1A > FEET-ELEVATED PUSHUP

Sets: 5 Reps: As many as possible

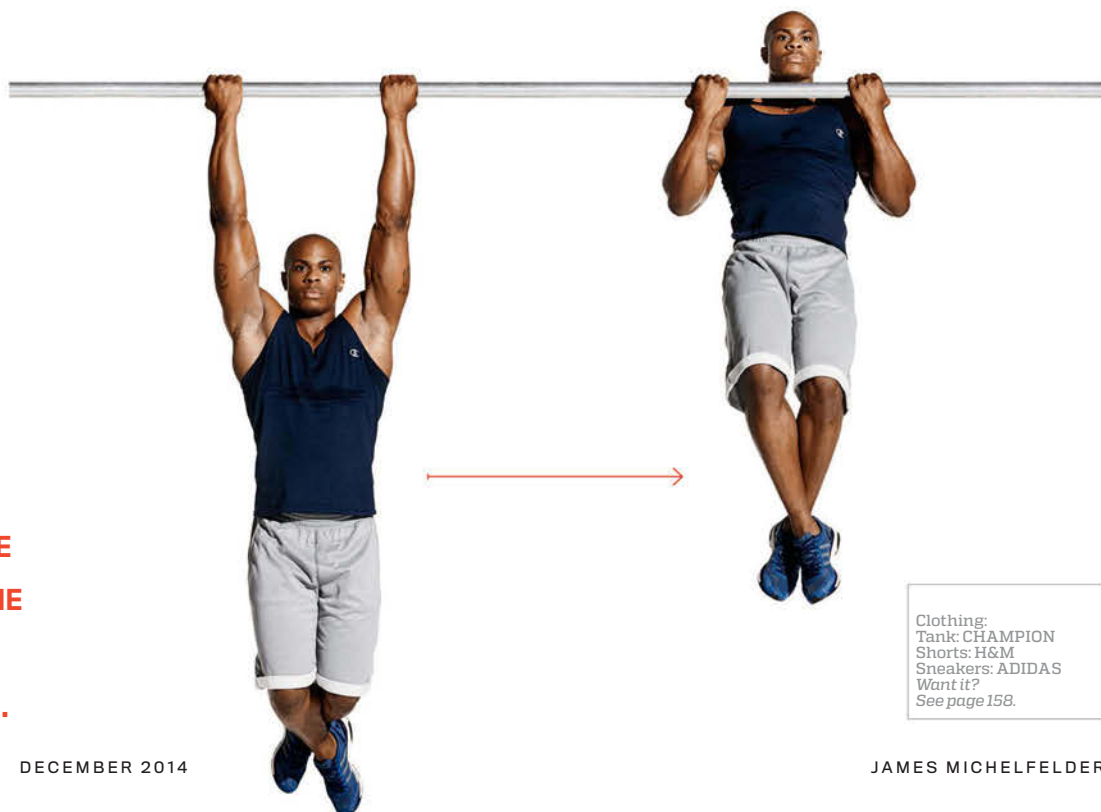
Place your feet on a bench or other elevated surface and get into pushup position with your hands shoulder-width apart. Brace your core and lower your body until your chest is just above the floor.



1B > CHINUP

Sets: 5 Reps: As many as possible

Hang from a chinup bar with hands shoulder-width apart and palms facing you. Pull yourself up until your chin is over the bar.



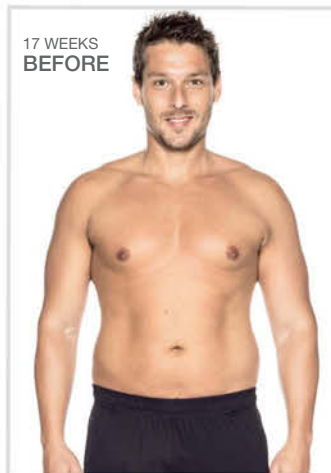
EVERY TIME YOU REPEAT THE WORKOUT, TRY TO INCREASE THE TOTAL NUMBER OF REPS YOU PERFORM ON EACH EXERCISE.

Clothing:
Tank: CHAMPION
Shorts: H&M
Sneakers: ADIDAS
Want it?
See page 158.

Styling by Mindy Saad/Celestine Agency:
Grooming by Mari Shien/ABTP.com

LIVE

LOSE WEIGHT YOUR WAY



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29 lbs.

"I am living proof that Hydroxycut® really works!"

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Day II

1A NEUTRAL-GRIP CHINUP

Sets: 4 Reps: 4 x 1.5

Use a chinup bar with parallel handles, or hook a V-grip bar over a straight chinup bar. Hang from the bar and pull yourself up until your chin is over it. Hold for a second, then lower yourself halfway. Come back up, then lower yourself to a full hang again. That's one full "1.5" rep.



1B > CLOSE-GRIP PUSHUP

Sets: 4 Reps: 20-25

Get into pushup position and bring your hands inside shoulder width. Keep your core braced and perform a pushup.



Day III

1A PUSHUP

Sets: 3 Reps: Count down from 6

Perform six pushups, then lower your body into the bottom position so your chest is just above the floor. Hold for six seconds, then perform five more pushups followed by a five-second hold in the bottom position. Continue counting down, alternating reps and static holds, until you reach one rep and a one-second hold.

1B < STERNUM CHINUP

Sets: 3 Reps: As many as possible

Hang from the chinup bar with hands shoulder-width apart and palms facing you. Lean back and pull yourself up, aiming to touch your lower chest to the bar.



PULLING YOUR STERNUM TO THE BAR IS HARDER THAN NORMAL CHINUPS.

Day IV

1A PULLUP

Sets: 6 Reps: 5

Hang from the bar with hands outside shoulder width and palms facing away from you. Pull yourself up until your chin is over the bar.

1B > ONE-LEG PUSHUP

Sets: 6 Reps: 10 (per leg)

Get into pushup position and raise one leg behind you. Keep it elevated while you perform 10 pushups. Lower the leg, then raise the other one and perform another 10 pushups.



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LEAVE IT ALL IN THE GYM

The right ingredients can help you push harder

■ As legendary NFL coach Vince Lombardi liked to say, "Fatigue makes cowards of us all." In the weight room, if you regularly feel that you run out of gas in your sets before reaching your target number of reps (and end up dropping the bar before you're done), a supplement may be in order.

Research has found that glycerol monostearate, a powdered version of a compound commonly found in cough syrups, counters dehydration by promoting water retention, which should improve performance as well as make for a better muscle pump. *Securinega suffruticosa* leaf and root extract can block the body's inhibitory neurotransmitters—the chemical signals that make your muscles want to quit on a set before your ego does. As a result, it acts as a stimulant on your nervous system.

The aptly named 1.M.R Vortex (the initials stand for One More Rep) from BPI is a pre-workout powder that contains both compounds (bpisports.net), and it comes in a tasty "snow cone" flavor.



Food styling by Brett Kurzwil for Art Department

Get charged

What to eat and drink to maintain steady energy and focus—not just in the morning, but all day long By Joy Ronson

■ There's nothing inherently wrong with coffee, but it can be habit forming and lead to an over-reliance on caffeine. Fortunately, you can get quick (and longer-lasting) energy from whole food, too, and just as conveniently. The next time you need a steady fuel supply, reach for the following.

ENERGY FROM A FIBER FIX FRUITS AND GRAINS

A study in the *International Journal of Food Sciences and Nutrition* found that subjects who ate a breakfast high in carbs and fiber reported greater alertness between meals—and greater satiety—than those who ate high-fat foods or carbs alone in the morning. Carbs raise blood sugar, while fiber regulates it, preventing a quick burst of energy followed by a sharp drop-off.

Fruits and grains provide a combination of quick- and slow-burning carbs and plenty of fiber. Make yourself oats with blueberries for breakfast, or grab one of Jamba Juice's energy bowls on your way out. We like the Acai Primo Bowl (jambajuice.com), which has berries, granola, and acai.

ENERGY FROM THE POWER OF PROTEIN EDAMAME

The word "protein" evokes images of meat or supplement powders in most people's minds, but there's another source that requires no prep and is available on the cheap.

Soybeans, or edamame, pack 17g of complete protein per cup, along with B vitamins, copper, and phosphorus, which help convert food to fuel and support oxygen transport in the body.

Seapoint Farms sells ready-to-go bags of edamame, shells removed (seapointfarms.com), as well as a dry-roasted version that serves as a crunchy snack. Keep some in your desk at work, or toss a bag in the car for a meal on the road.

ENERGY FROM HYDRATION WATER

The truth is, you have access to the ultimate form of natural energy almost any time you want: Just find a tap. A 2012 study in the *Journal of Nutrition* found that subjects who were dehydrated—even by as little as 1%—experienced greater difficulty performing tasks, lower concentration, headache symptoms, and diminished mood. Consuming eight 8-oz glasses of water—and up to a gallon if you sweat a lot—helps regulate body functions, supporting energy.

Squeeze in some lemon and you've got a natural sports drink. Lemon juice adds electrolytes that help cells produce energy for exercise.

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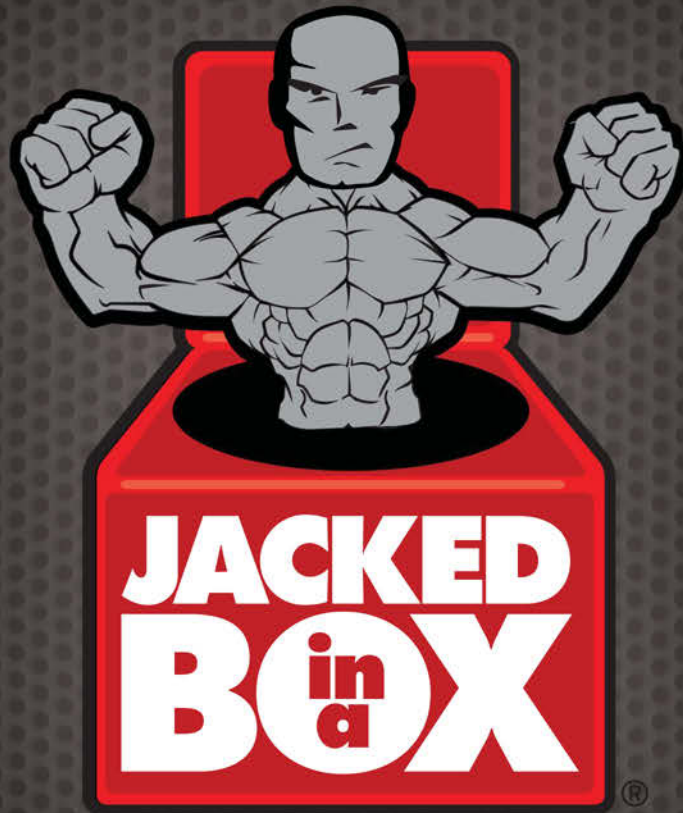
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¹Contains a key energy-boosting ingredient (caffeine anhydrous [1,3,7-trimethylxanthine]).
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LIAM HEMSWORTH

(continued from page 97)

says. He doesn't like crowds, hates clubs, and has a tendency to shut down in public places.

"I know any public relationship is going to get scrutiny," he says, "but I wasn't going to let fear dictate my life—I wasn't going to not fall in love with someone because of fear." After three years, they were engaged. After two more, it was off. "She was focusing on her career, I was doing mine, and a good relationship takes a lot of work," he says. "At that time we just needed to do our own thing, because once you start making decisions based on someone else, things get a little bit weird."

They still talk all the time. "There are feelings there. We were engaged, and those feelings don't go away. I don't know if they'll ever go away." Looking back, he thinks they were just too young. "At the start of every year I look back on the previous year and I'm like, 'What were you thinking?' But at the time, it all felt right."

HE HASN'T BEEN IN A SERIOUS RELATIONSHIP since and doesn't plan on getting into another one soon, having wised up to the fact that his work schedule would undermine it anyway.

The following week he'll be headed to Mississippi to play a Texas Ranger in a violent Western also featuring *Games* co-star Woody Harrelson, and after that to Australia for the first time in two years to shoot the period drama *The Dressmaker* with Kate Winslet.

Hemsworth says he's happier and more at ease now than he's been since arriving in Los Angeles six years ago. "There were a few years where I was so in my head—overanalyzing every part of my life—that I couldn't appreciate what was happening in the moment. I disconnected from certain people in my life, including my family. But I worry about things a lot less these days."

He wouldn't call himself a Buddhist, but like many in Hollywood—where the career swells are epic, the wipeouts sudden, and both mostly out of your control—he's embraced many of the tenets of Zen philosophy.

"Just being aware of your surroundings and accepting where you are in life," he says. "Tomorrow doesn't exist, yesterday is gone. The more I remind myself of that, the stronger I feel." He also meditates regularly. "I love that I can feel it in other parts of my life. It's not

like I'm sitting there and I get this meditation buzz, like 'Oh, this feels so good!' It's when something stresses me out, later I think back to that moment and I feel calm."

Still, given the stresses he's already faced down—the false starts, the self-doubt, the very public breakup—he must have occasionally wondered what he'd be doing if this career hadn't hit.

"Probably laying floors," he says. Back in Melbourne, Luke had a successful flooring business and Liam would help him out. "There you can do both," he says. "Be a floor-layer in the daytime and an actor by night. I think I'd still live where I grew up, surf, and I think I'd be happy."

Just not happier. In fact, Hemsworth says he once put the very same question to *Paranoia* co-star Harrison Ford. "I asked him if there was ever a time in his life when he wondered whether he should have been doing something else." Ford thought the question was ludicrous.

"He told me, 'This is the best job in the world.' And I was like 'Good answer. I'm with you.' That put it all into perspective for me." ■

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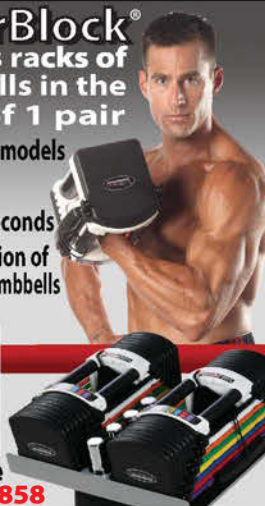
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PAGE 17: Rhone

Maneuver Sleeveless sleeveless shirt, \$42, rhoneapparel.com; New Balance Shadow Run jacket, \$115, and Impact 5-inch track shorts, \$40, newbalance.com; Reebok ZQuick sneakers, \$85, shop.reebok.com; Urbanears Medis in-ear headphones, \$50, urbanears.com; PureGear PureMove Sports armband, \$40, pure-gear.com; Nooka Zub 20 Zoo watch, \$120, nooka.com.

TURN YOUR TRAINING AROUND WITH BACKWARD RUNNING

PAGE 18: H&M zip-up,

\$35, hm.com; Brooks Sherpa IV 2 in 1 seven-inch short shorts, \$58, brooksrunning.com; Under Armour Combine Training compression ¾ leggings, \$50, underarmour.com; New Balance Stealth 574 sneakers, \$80, newbalance.com; Nooka Zub 20 Zoo watch, \$120, nooka.com; American Apparel Unisex Flex Terry wristband, \$4, store.americanapparel.net.

A HELPFUL PARTNER HELPS YOU CLIMB THE LADDER

PAGE 26: To Boot New York

Russell shoes, \$375, zappos.com; Stuart Weitzman Flirt shoe, \$345, zappos.com.

TAG'S YOU'RE IT

PAGE 28: Karen Karch Legend Stacked Tags in blackened silver and 10K yellow gold on 30.25-inch chain, \$1,200, karenkarch.com

MARTIALING HIS FORCES

PAGE 32: Hugo Boss Brushed Micro Stretch tank top, \$45, hugoboss.com; Lacoste Sport Ultra Dry compression shorts, \$80, lacoste.com.

TIME IS MUSCLE

PAGES 34, 36: H&M long sleeve T-shirt: \$30, hm.com; Under Armour Storm C1N 404 18-inch cargo shorts, \$69, underarmour.com; Asics GEL-Excel33 3 sneakers, \$120, asics.com; Puma Teamsport wristband, \$8, and Vertical watch, \$75, amazon.com.

WRAP IT UP IN STYLE

PAGE 56: Vince Camuto velvet blazer, \$295, 5-pocket pants, \$125, and sport shirt, \$85, nordstrom.com; Vince

Camuto Carlo boots, \$140, vincecamuto.com; Vince Camuto watch, \$175, macys.com.

HACK THE HOLIDAYS

PAGE 62: Izod Navy Fields Tartan bow tie, \$45, izod.com

LIAM HEMSWORTH TAKES HIS OWN ROAD

PAGE 92: DKNY cotton V-neck T-shirt, \$36 for three, dkny.com; Tommy Hilfiger Mercer khaki pants, \$99, available at Tommy Hilfiger NYC, 212-223-1824; Timberland Burnished Men's Earthkeepers Original leather 6-inch boot, \$180, timberland.com; Nautica watch, \$145, nautica.com;

PAGE 95: Tommy Hilfiger classic crew-neck T-shirt, \$35, and Mercer khaki pants, \$99, tommyhilfiger.com; Timberland Burnished Men's Earthkeepers Original leather 6-inch boot, \$180, timberland.com; Seiko watch, \$325, seikousa.com

PAGE 96: Calvin Klein cotton stretch tank top, \$33 for two, calvinklein.com; Tommy Hilfiger Mercer khaki pants, \$99, available

at Tommy Hilfiger NYC, 212-223-1824; Szanto watch, \$325, available at Arizona Fine Time, azfintime.com/szanto-watches or call 800-486-3996.

HARNESS THE POWER OF YOUR MUSCLE MATRIX

PAGE 104-105: H&M zip-up hoodie, \$40, hm.com; Asics Split shorts, \$34, asics.com; Brooks PureCadence 3, \$120, brooksrunning.com; Casio G-Shock rotary switch watch, \$130, gshock.com.

ASK MEN'S FITNESS

PAGE 119: Superdry sweat shorts, \$70, superdry.com.

BUILD OUT YOUR CHEST

PAGES 124, 126, 128, 130, 132: Calvin Klein tank top, \$40 for three, calvinklein.com; Urban Outfitters pants, \$70, urbanoutfitters.com; Adidas Energy Boost sneakers, \$140, adidas.com.

THE PULLUP-PUSHUP WORKOUT

PAGES 146, 148, 150: Champion tank top, \$20, championusa.com; H&M shorts, \$30, hm.com; Adidas Energy Boost sneakers, \$140, adidas.com.

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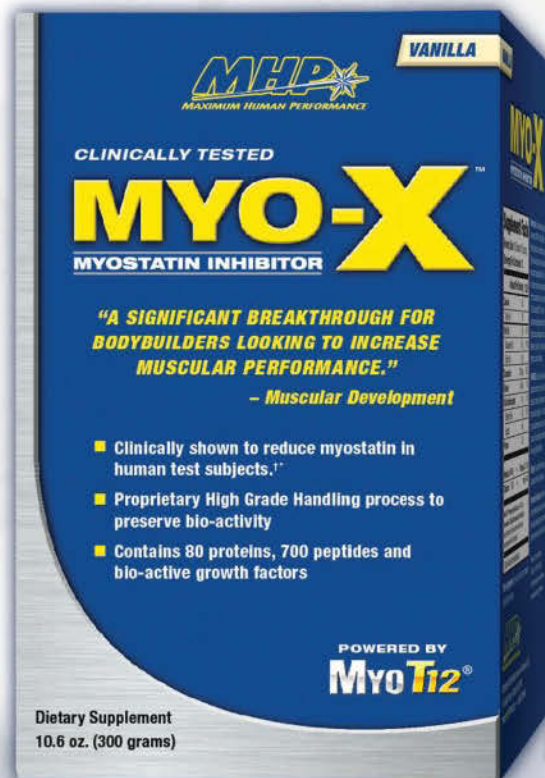
- Dr. Robert Ashton, M.D.

“The results of this study support enormous potential for the use of myostatin inhibitors by athletes looking to improve muscle mass and performance,” says Dr. Robert Ashton, M.D., Chief Medical Officer at MYOS Corporation, a biotech company that specializes in the science of muscle health. Myostatin is a potent catabolic limiting factor for growth. This natural negative growth factor protein exists in all of us, and works to limit muscle growth in a genetically predetermined pattern. Scientific evidence supports correlation between reductions in myostatin and muscle growth.

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Year-end blowout

Swimsuit speculation, gifting agitation, and New Year's jubilation in 140 characters or less

10, 9, 8, 7, 6...	December 31 11:59 p.m.
New Year's Eve math: If at any point in the evening you decide to count how many you've had, you've had enough.	December 31 11:16 p.m.
New Year's Eve math: Casual dinner party with 10 friends > sardine-packed street party with tens of thousands.	December 31 10:20 p.m.
New Year's Eve math: # of times you blow your party horn is inverse to # of happy neighbors you'll have by the end of the night.	December 31 8:16 p.m.
I got 278% off a pair of @Crocs!	December 27 3:33 p.m.
On Boxing Day, you can left-hook the idiot holding up the line by returning 32 things, no?	December 26 11:23 a.m.
Dammit. Another year & still no "That's What She Said" joke-a-day calendar under the tree.	December 25 5:12 a.m.
You can still find the perfect gift for her—if she likes deli roses, gas-station gift cards, or lottery tickets.	December 24 5:59 p.m.
It's not too late to shop. It IS too late to ask her what she wants.	December 23 10:43 a.m.
In honor of @SamuelLJackson's birthday, it's worth noting that @MensFitness must be his favorite magazine. #badmfer	December 21 12:00 p.m.
Your selfie skating at Rockefeller Center will get 3x more likes if you do it right after you bruise your tailbone.	December 20 9:32 p.m.
Happy birthday @TaylorSwift13! Can we get back together now?	December 13 9:07 p.m.
The Army-Navy game should be a home-and-home series alternating b/w a mountain range and an aircraft carrier. We salute you, soldiers! #usa	December 13 3:30 p.m.
If Frank Sinatra were alive for his birthday today (99!), he'd tweet in perfect pitch. His way.	December 12 8:12 a.m.
Facial-hair power rankings: 3-day stubble > 5 o'clock stubble > goatee > Duck Dynasty beard > soul patch > mutton chops	December 9 1:37 a.m.
Strategy to fight cookie consumption: Give yourself a weekly budget, and stick to it. Note: A good budget number is not 44.	December 6 11:02 a.m.
Walt Disney would have been 113 years old today, which is exactly how long it feels waiting in line for It's a Small World.	December 5 7:13 p.m.
Too busy for a full workout? Do a 10 x 10. 10 body-weight exercises x 10 reps. No rest. Go.	December 4 6:40 p.m.
Unacceptable Secret Santa gifts: Supplies from the office closet, diet book, snow globe, Big Mouth Billy Bass, hose nozzle.	December 3 4:03 p.m.
I may or may not have a countdown clock for the @SI_Swimsuit issue. #februarysomething	December 1 8:53 p.m.

From top: Associated Press, Bryan Sterfy/Getty Images, Lester Cohen/Getty Images



IT'S NOT A **CLEAR FRONT TOOL CABINET,** IT'S A TROPHY CASE.



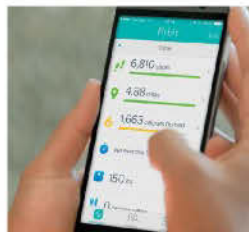
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